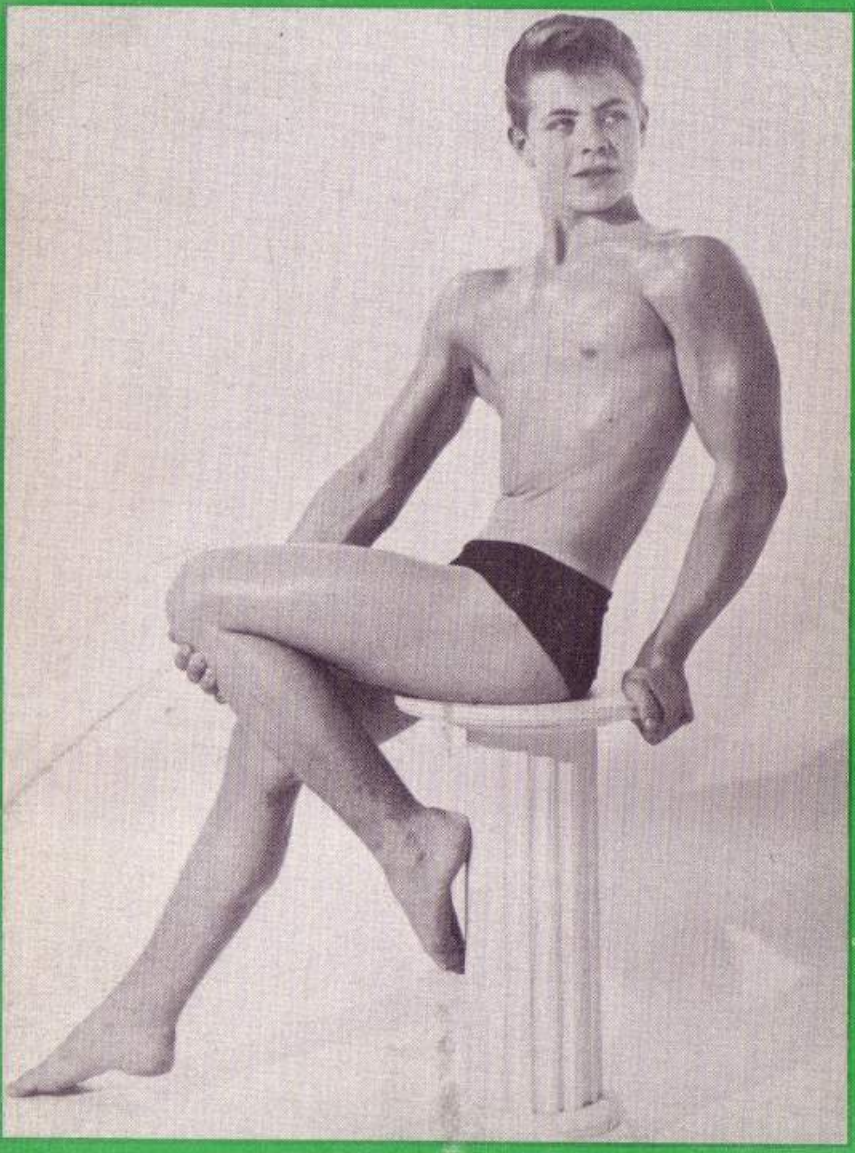
Fizeek

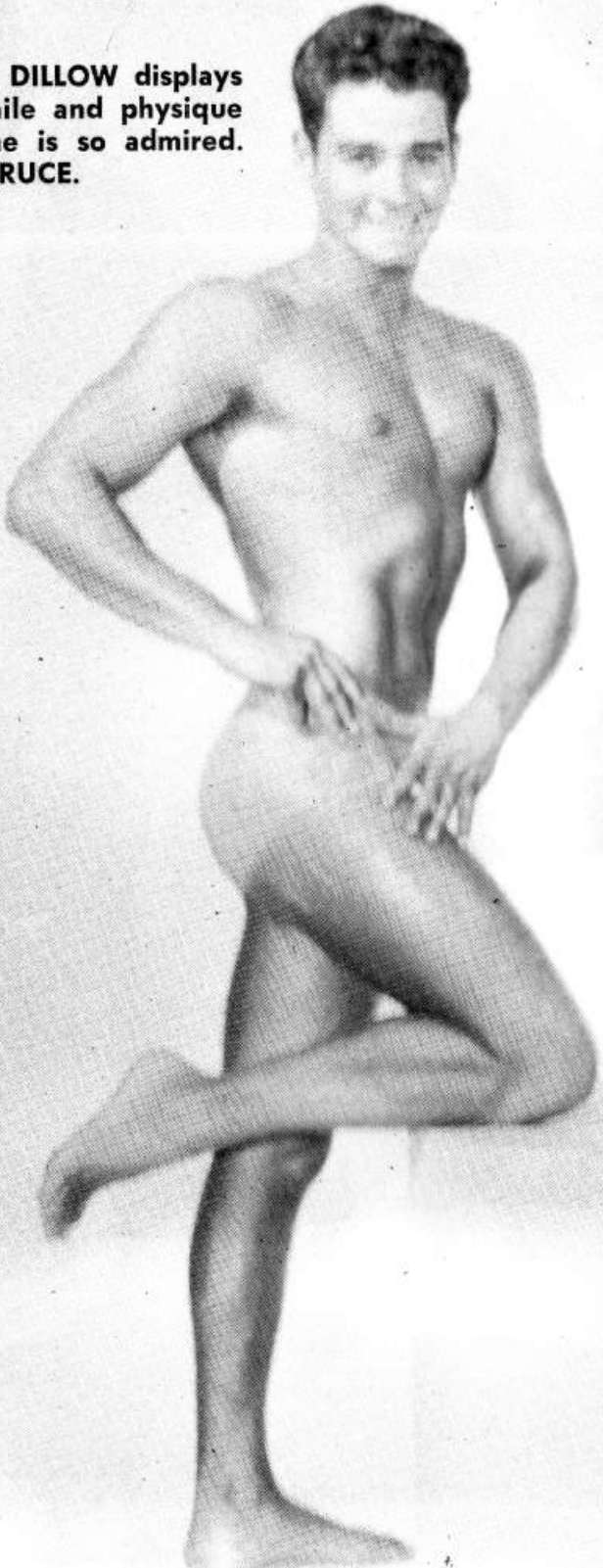
APRIL
1960
Number 6
50c

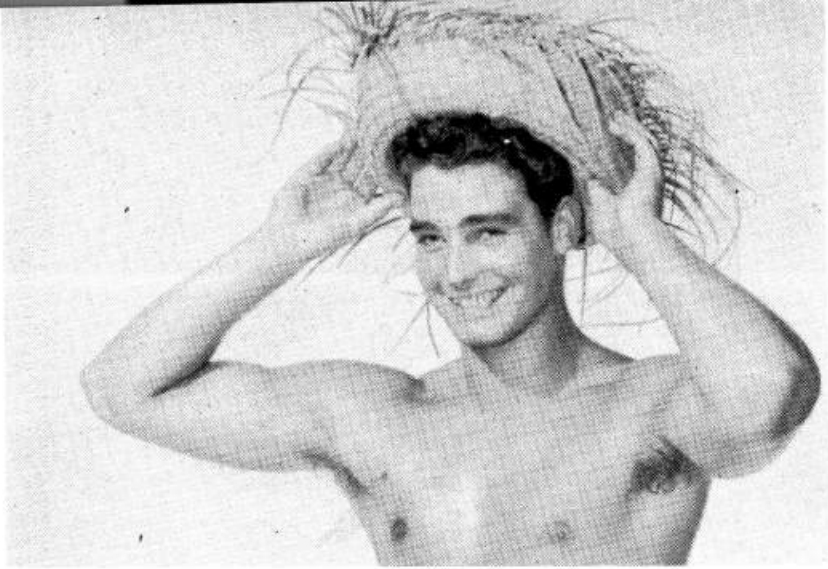
PRESENTING THE BEST IN
PHYSIQUE ART AND PHOTOGRAPHY

ALLIED



Smiling JIM DILLOW displays both the smile and physique for which he is so admired. Photos by BRUCE.





COVERMAN: JOHN KEMPER, 15 years old, displays the perfectly proportioned physique which high school athletics have given him. Photo by ANTHONY.

FIZEEK • Number 6 • April 1960

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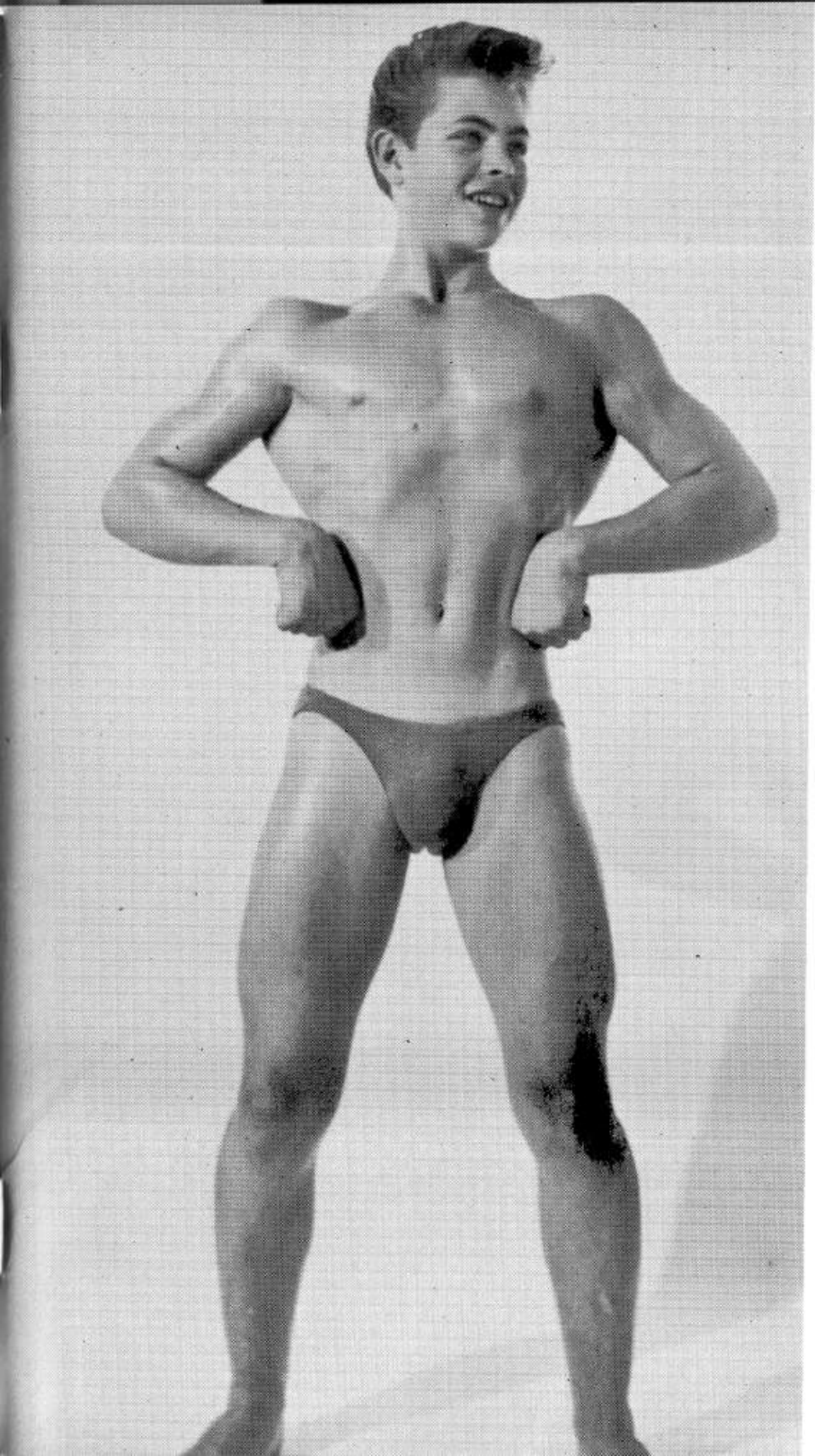
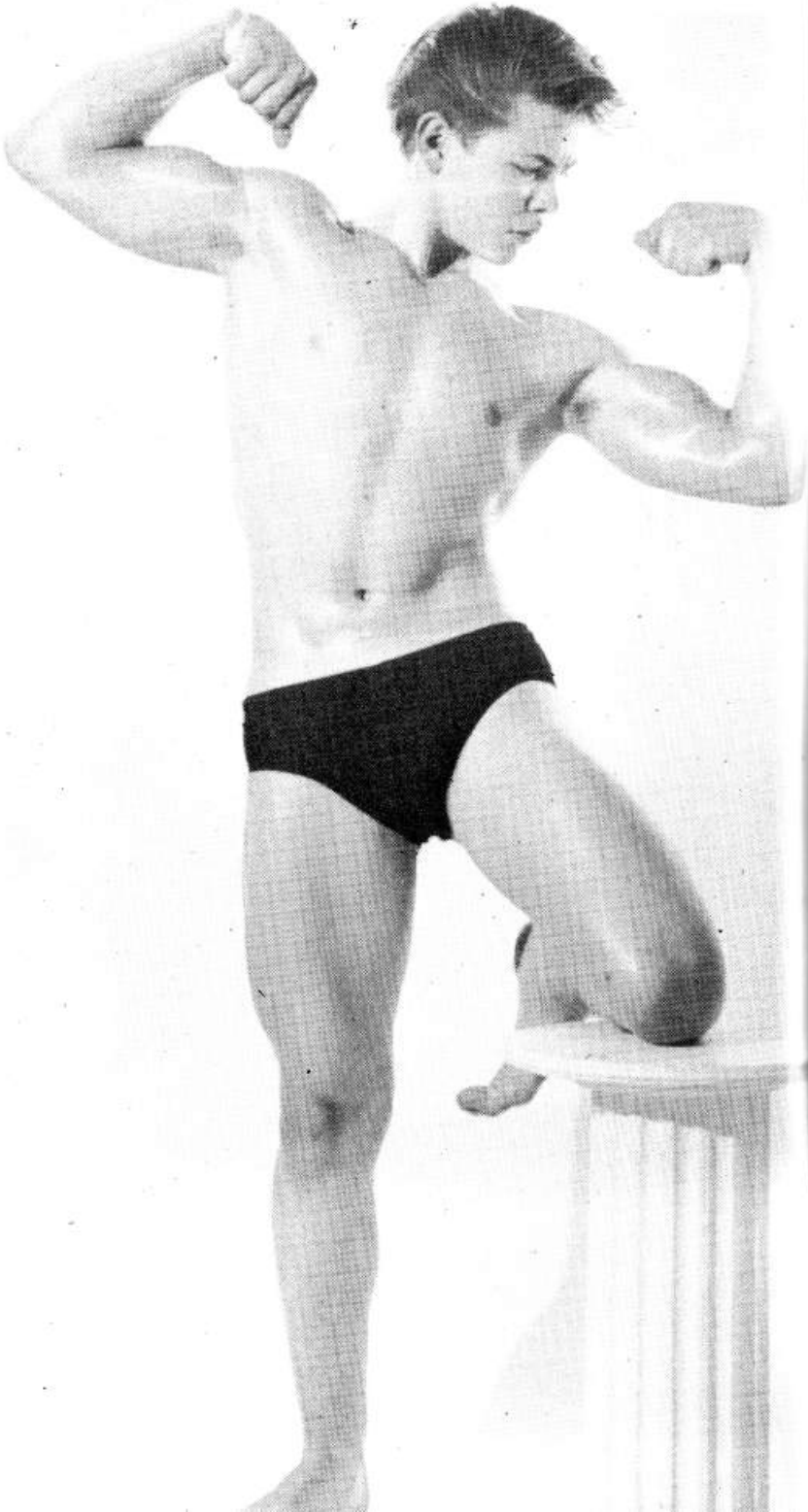
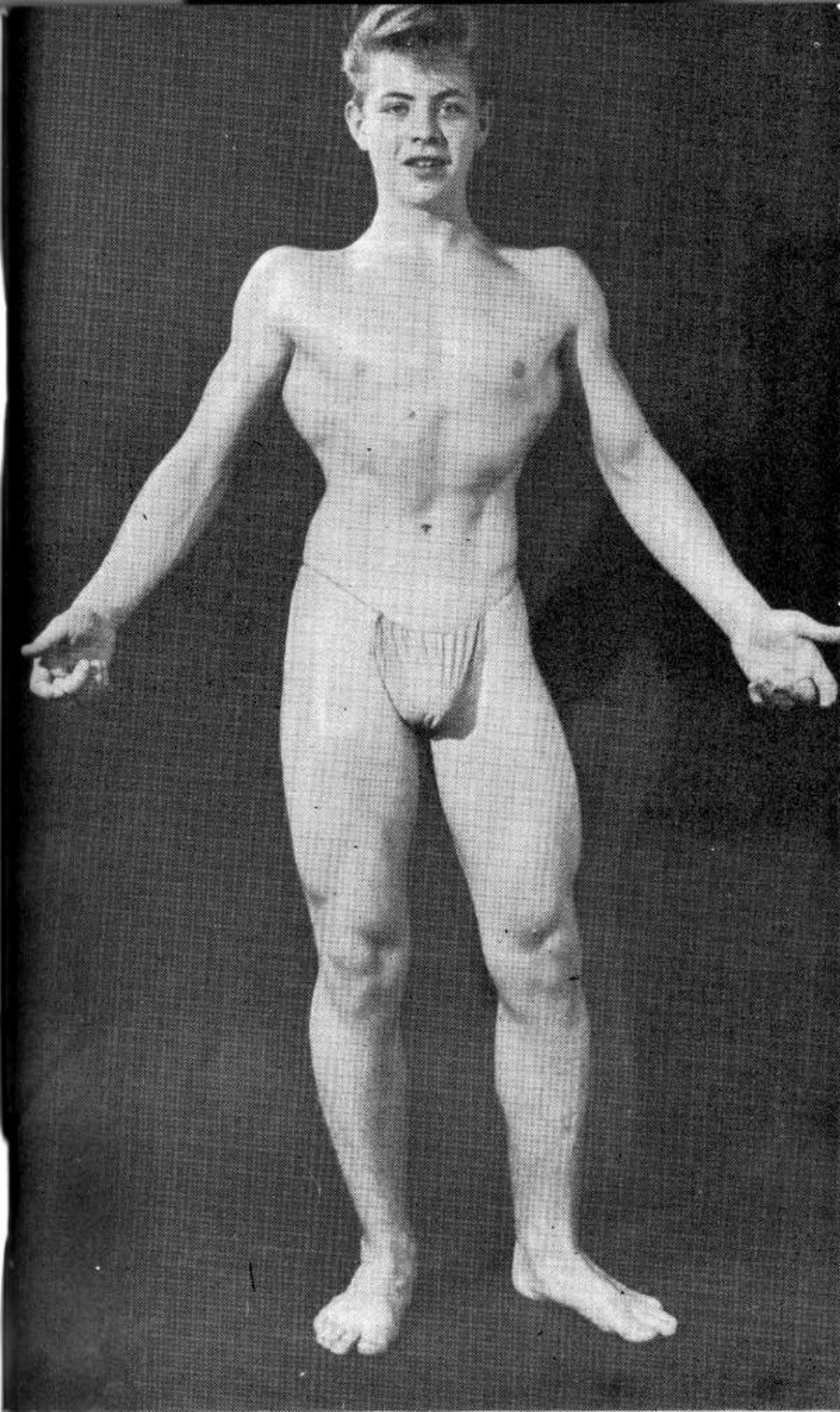
JOHN KEMPER. Photos by ANTHONY.







Bigger Biceps and Triceps By Better Bowling

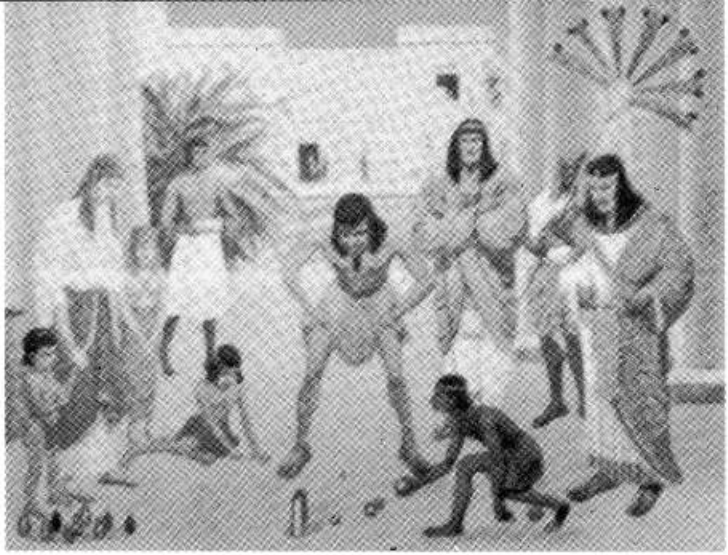
by

CARLSON WADE

The most popular American game we have today is bowling. More men, women and children bowl than they do any other sport. To the bodybuilder who is anxious to develop strong biceps and triceps as well as a V-tapered lat spread, bowling is the answer as an exercise to supplement regular physical training exercises.

Folks have enjoyed bowling for hundreds of centuries. In an Egyptian tomb dating back to 5200 B.C., bowling equipment was discovered. Of course, the game has changed somewhat since that date. King Edward III of England did not consider bowling as a means of training for war so made the sport illegal. Henry VIII also forbade bowling but he, himself, had a fine alley in his castle at Whitehall where he amused himself between disposing of wives.

Pre-historic man in a bowling game.



Egyptians bowling about 5200 B.C.

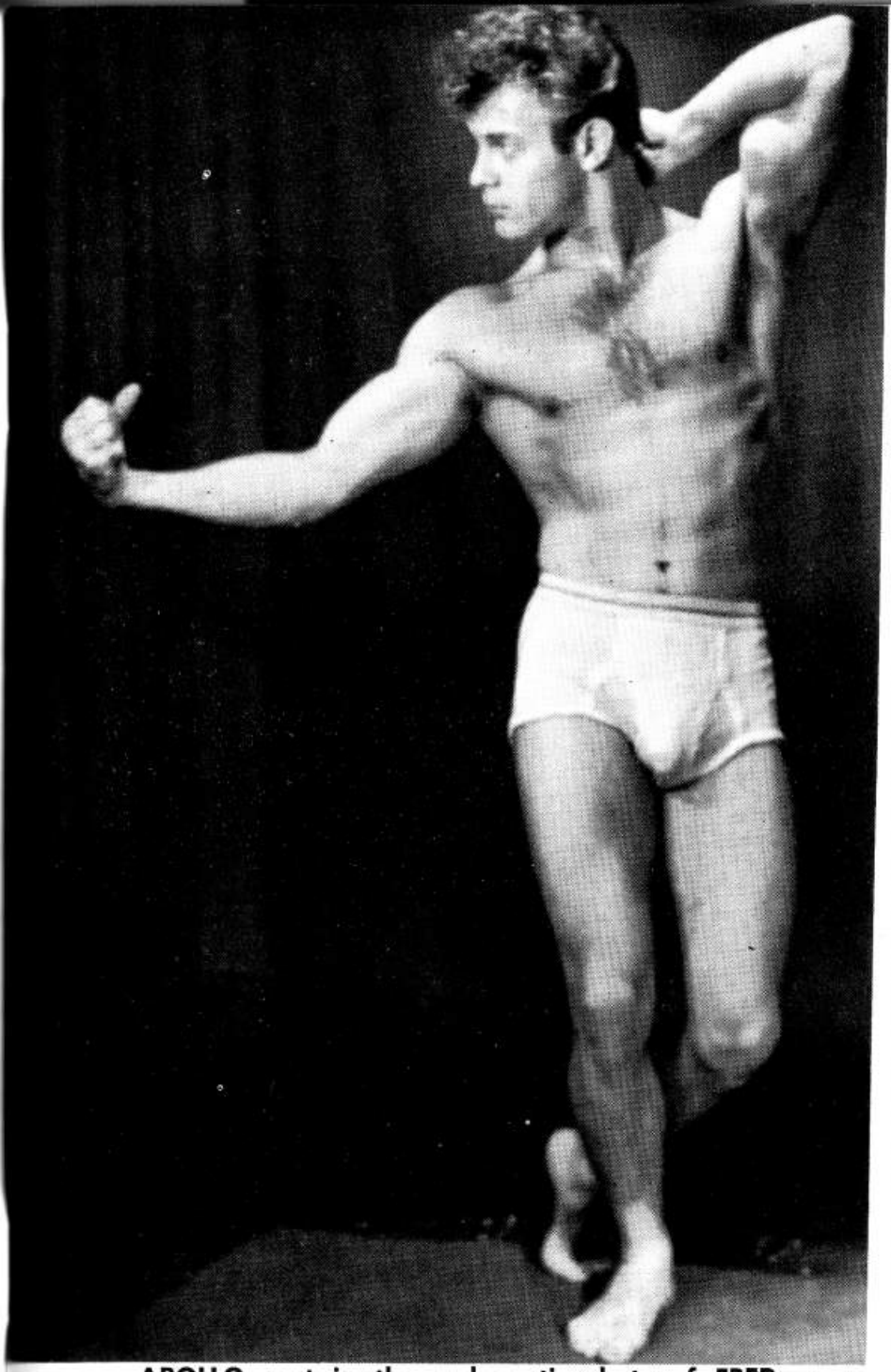
The Dutch settlers of New York in the 17th century loved bowling so much that we still have an area called Bowling Green although now it is the city's financial district and not for sports. Puritans disliked the gambling that accompanied the sport so they passed legislation making it illegal. But ardent bowlers found a way of circumventing the law. At that time, nine pins were used in the game. Bowlers merely added another pin making it ten and legally, a different game. And so, the popularity increased until at this writing, in America alone, we have twenty million men and women devotees of bowling.

If you don't know how to bowl, you've been missing out on a lot of recreation—healthwise and companionship, too. Bowling and friends go together. It takes practice to learn how to bowl a good game. If you visit an alley twice a week for ten straight weeks, you'll be able to bowl against any average player and have a good chance of winning. There is no easy way to become a good bowler. It requires conscientious training. Even while you practice, holding the ball, rolling it all involves use of arm, shoulder and chest muscles. It's an effective way of building strength and power-plus in your arms.

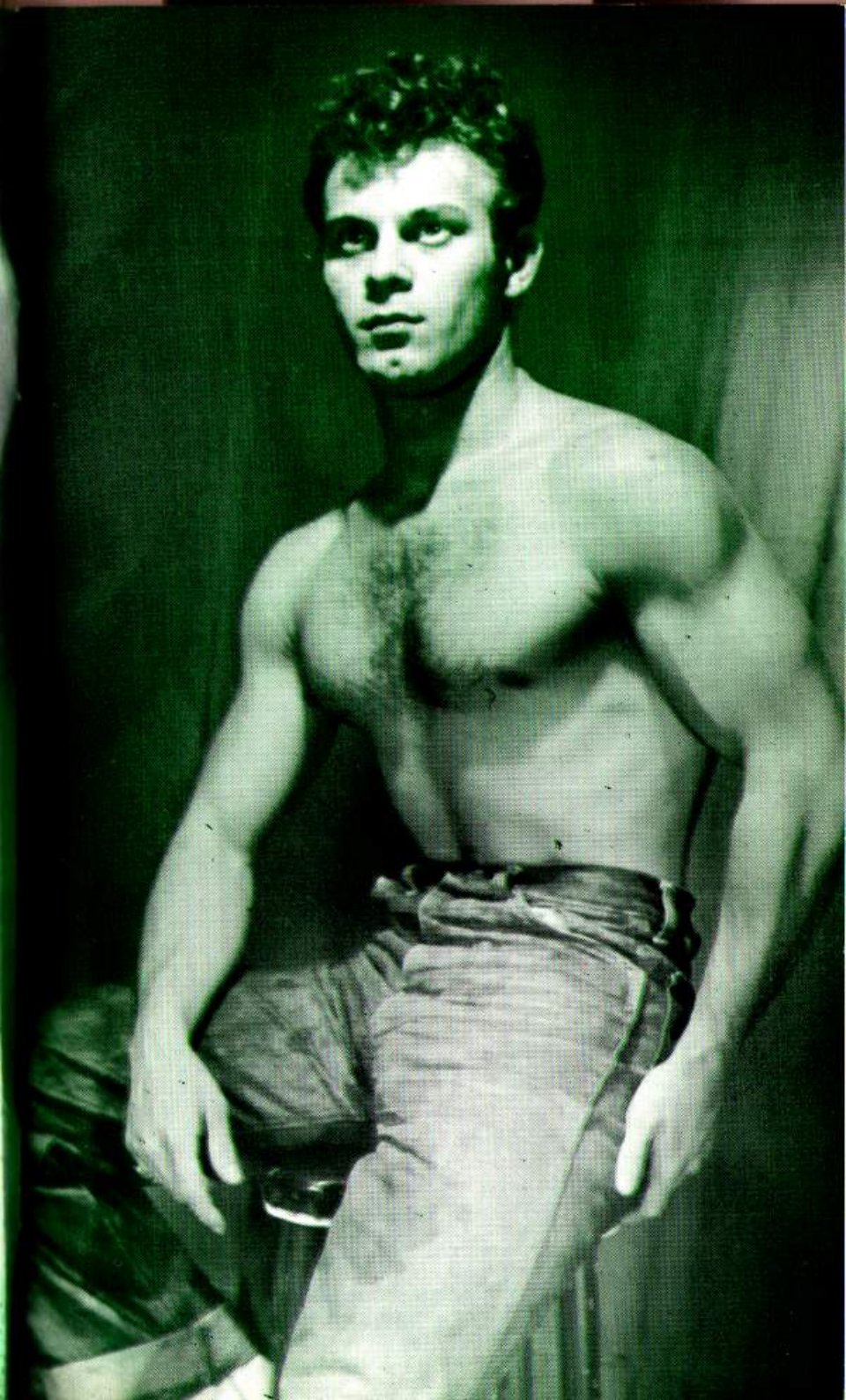
Henry VIII at Whitehall, 1530

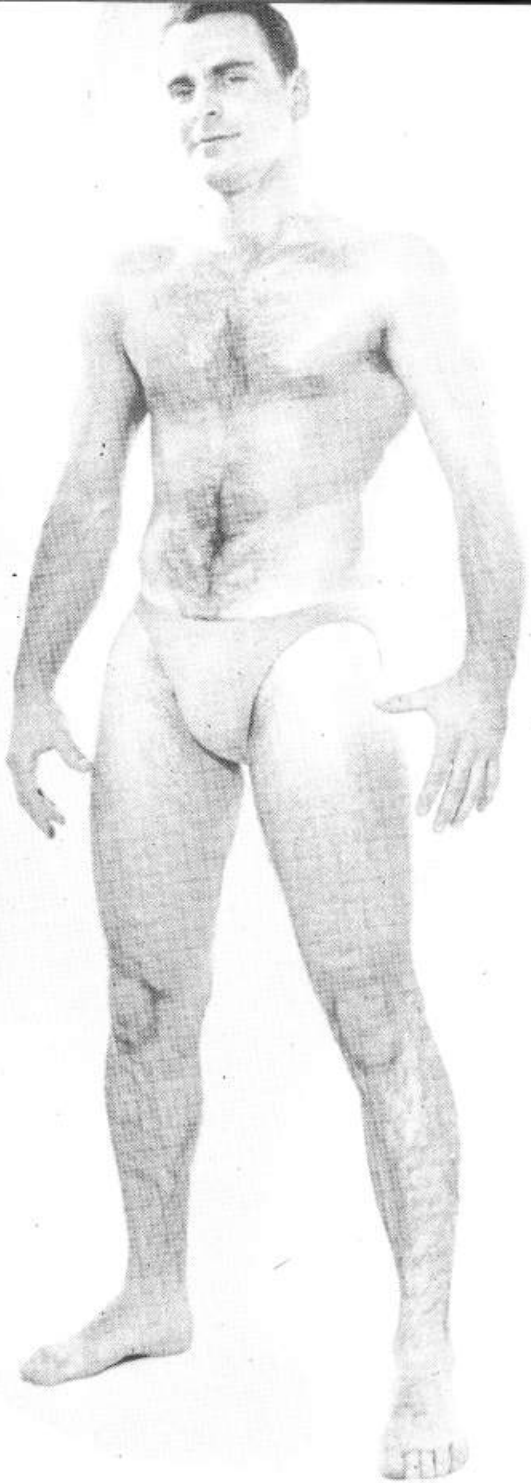
Let's start off with your equipment. Bowling shoes are vital. Yes, you need a special pair. Your regular shoes won't do at all. Leather soles will cause sliding and a fall. Your bowling shoes are not both alike. Assuming you're right handed, you'll be sliding to the foul line on your left foot; therefore, the sole of your left shoe is leather, your right shoe is rubber-soled. (Vice-versa if you're left handed.) If both soles are rubber, they'll stick and you'll fall, more easily. A pair of bowling shoes lasts for years and years so get yourself a good pair. Some bowling alleys rent them to you but it's more economical and sanitary as well to buy a pair for yourself.

This series will be continued in the June issue of FIZEEK. All photos used are through the courtesy of the American Bowling Congress.

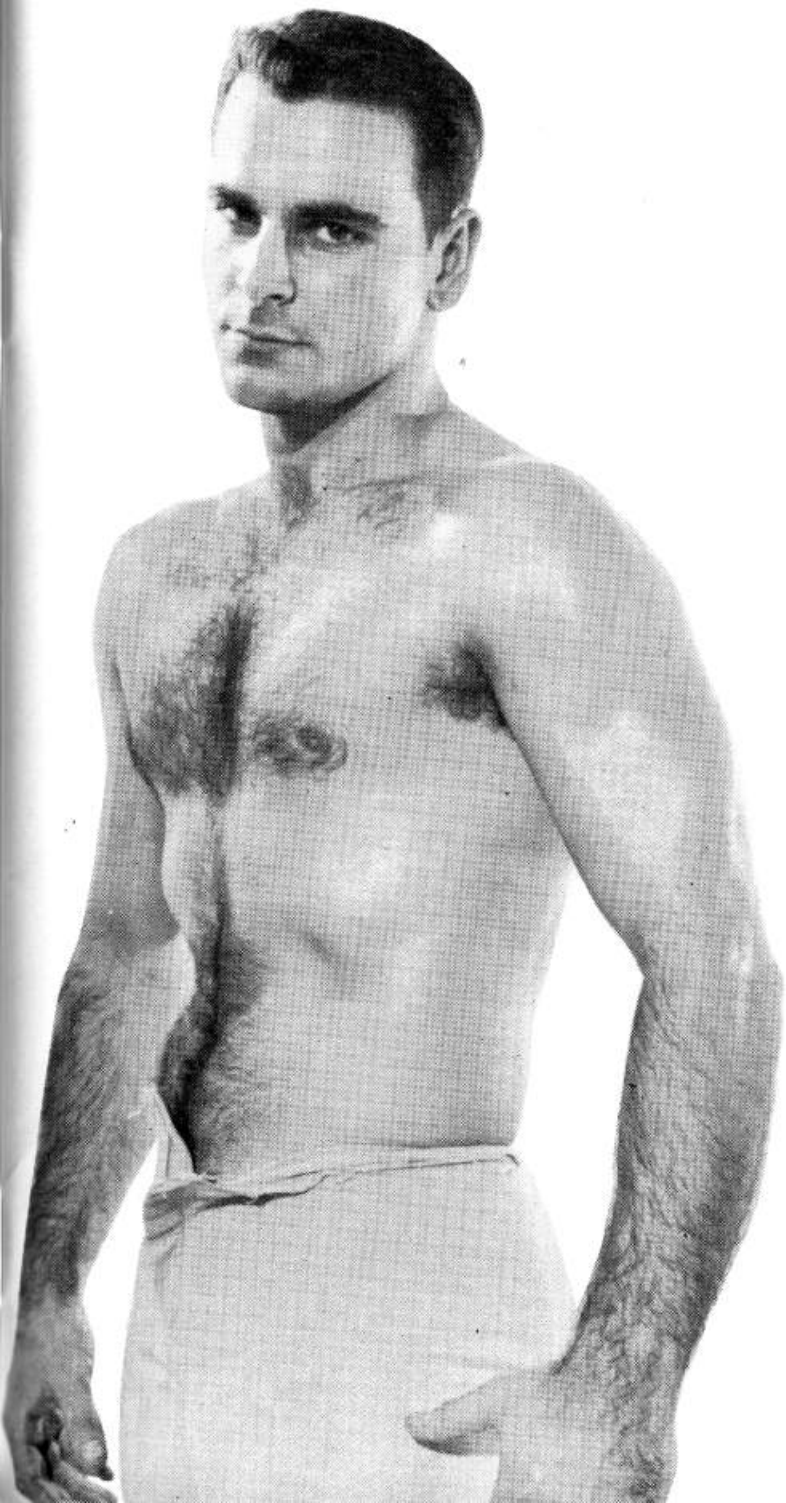


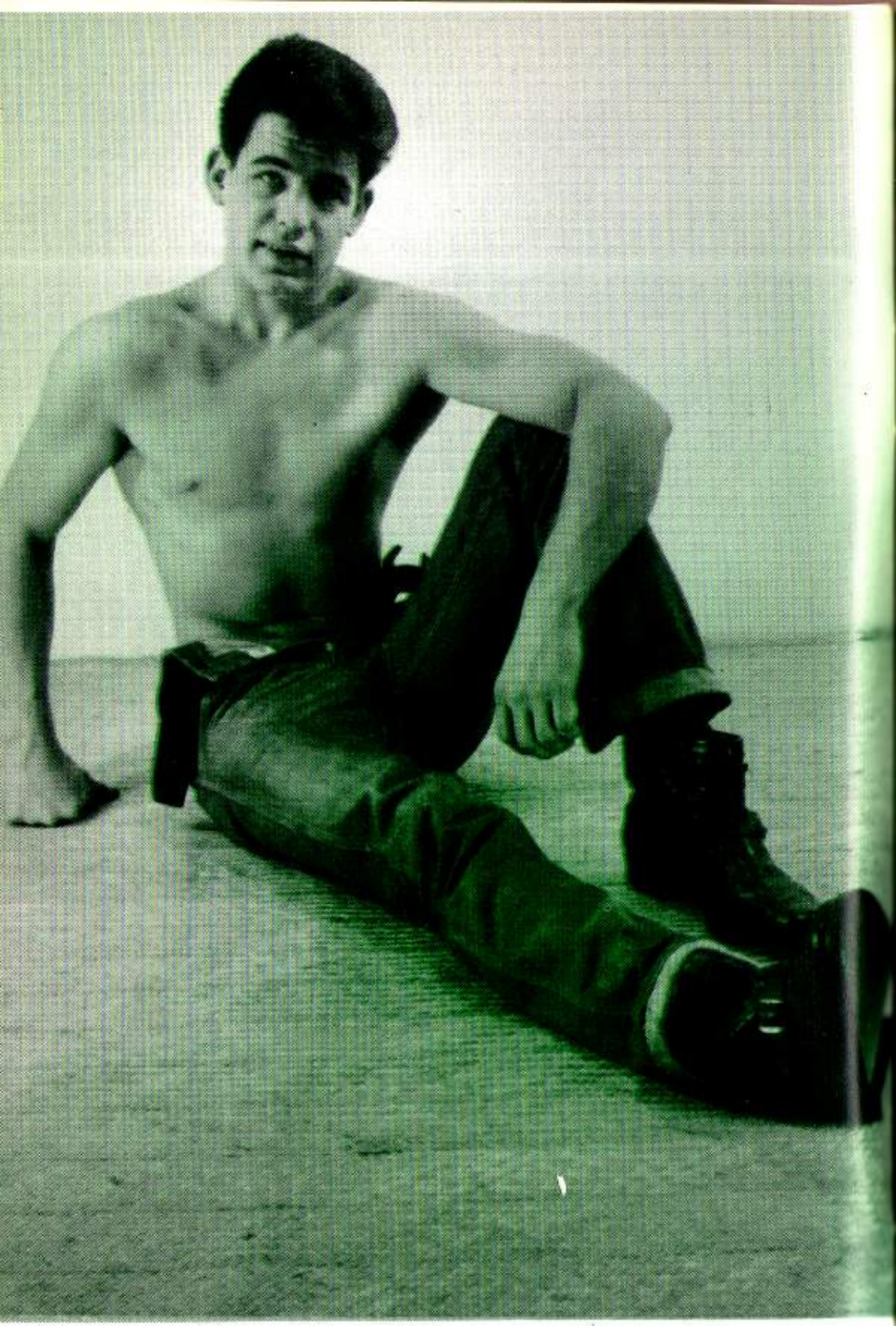
APOLLO sent in these dramatic shots of FRED REGAN, 24, who combines a career in body building and acting.



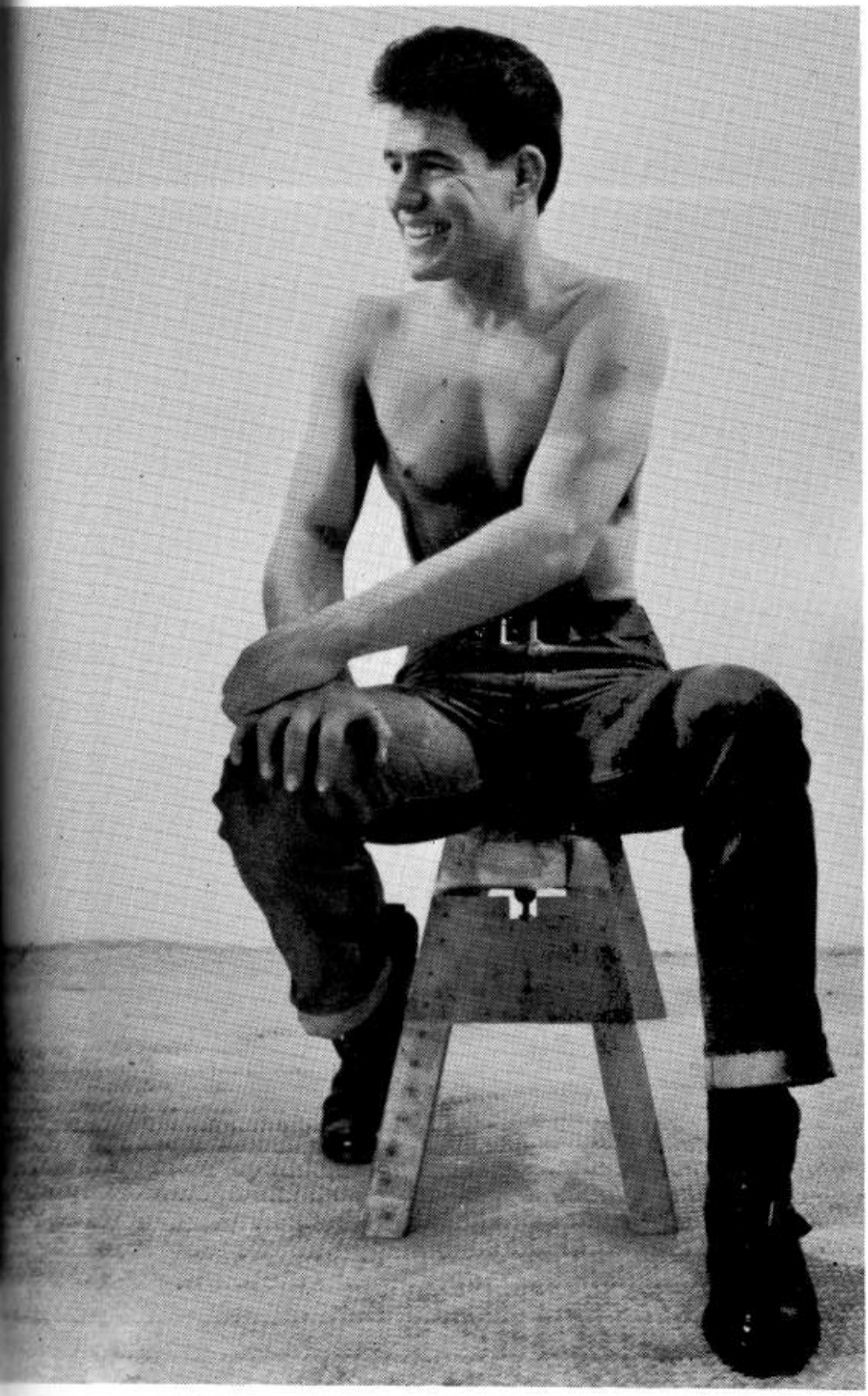


BOB KOVACIC, 21, Detroit swimmer and body builder in photos by ANTHONY.

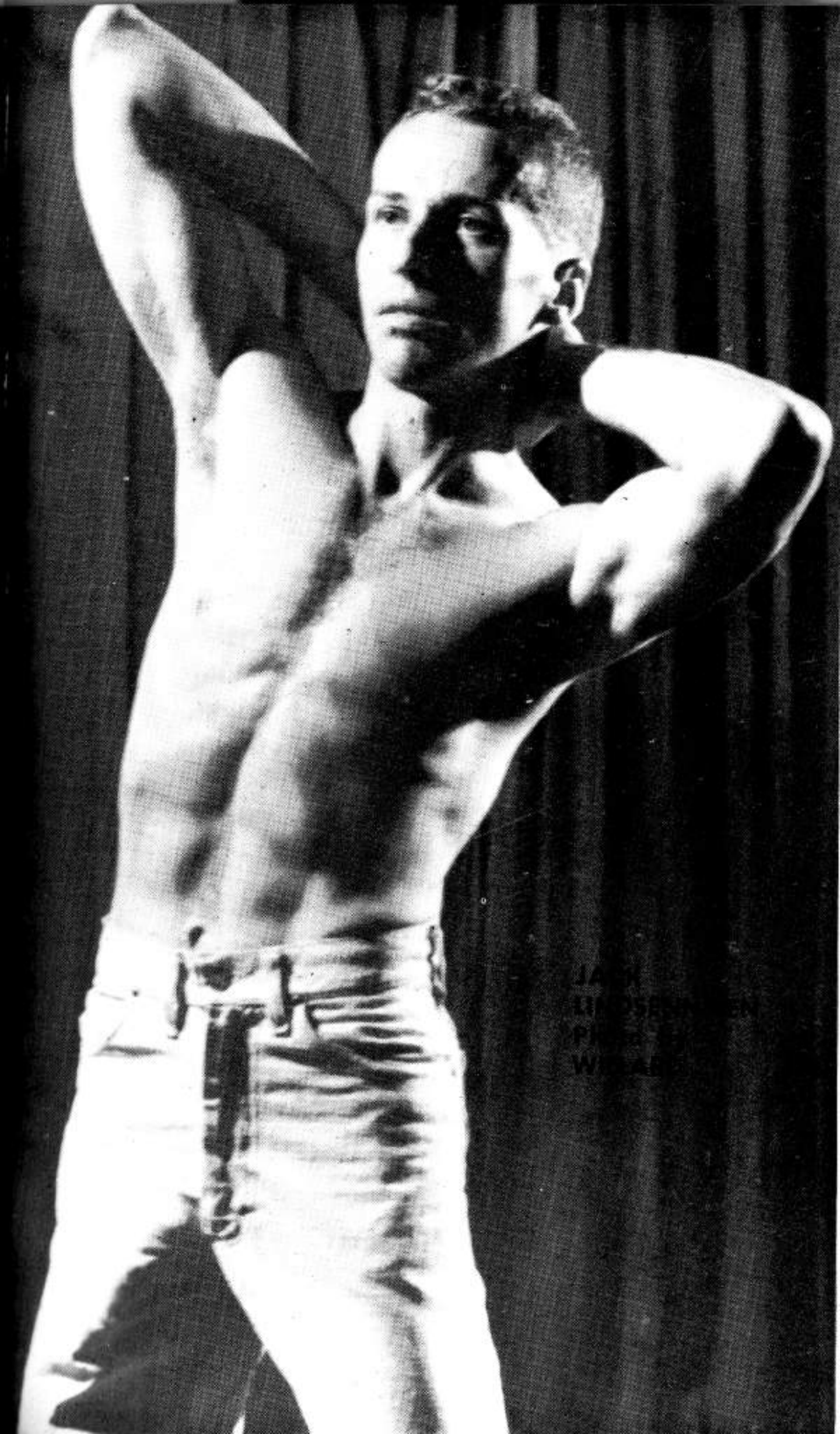


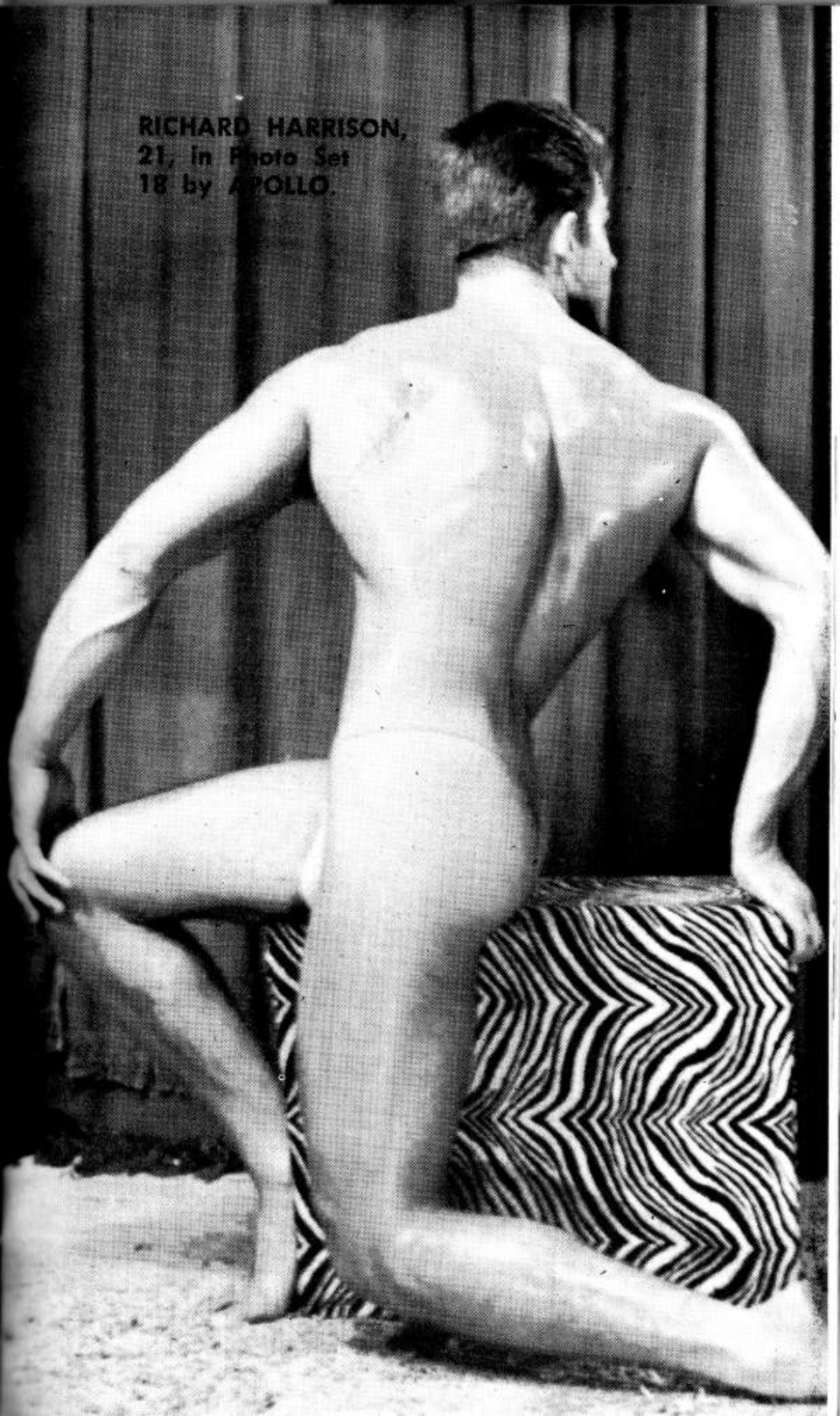


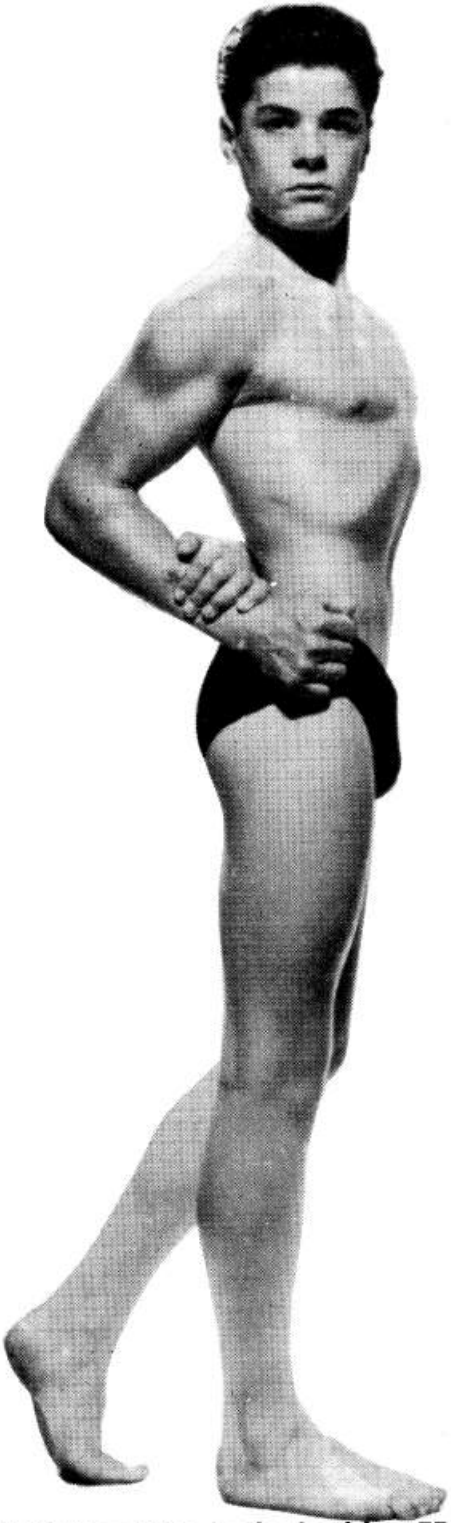
Young English body builder CLIFF SMITH, a ROYALE exclusive, and a top favorite with U. S. physique fans.



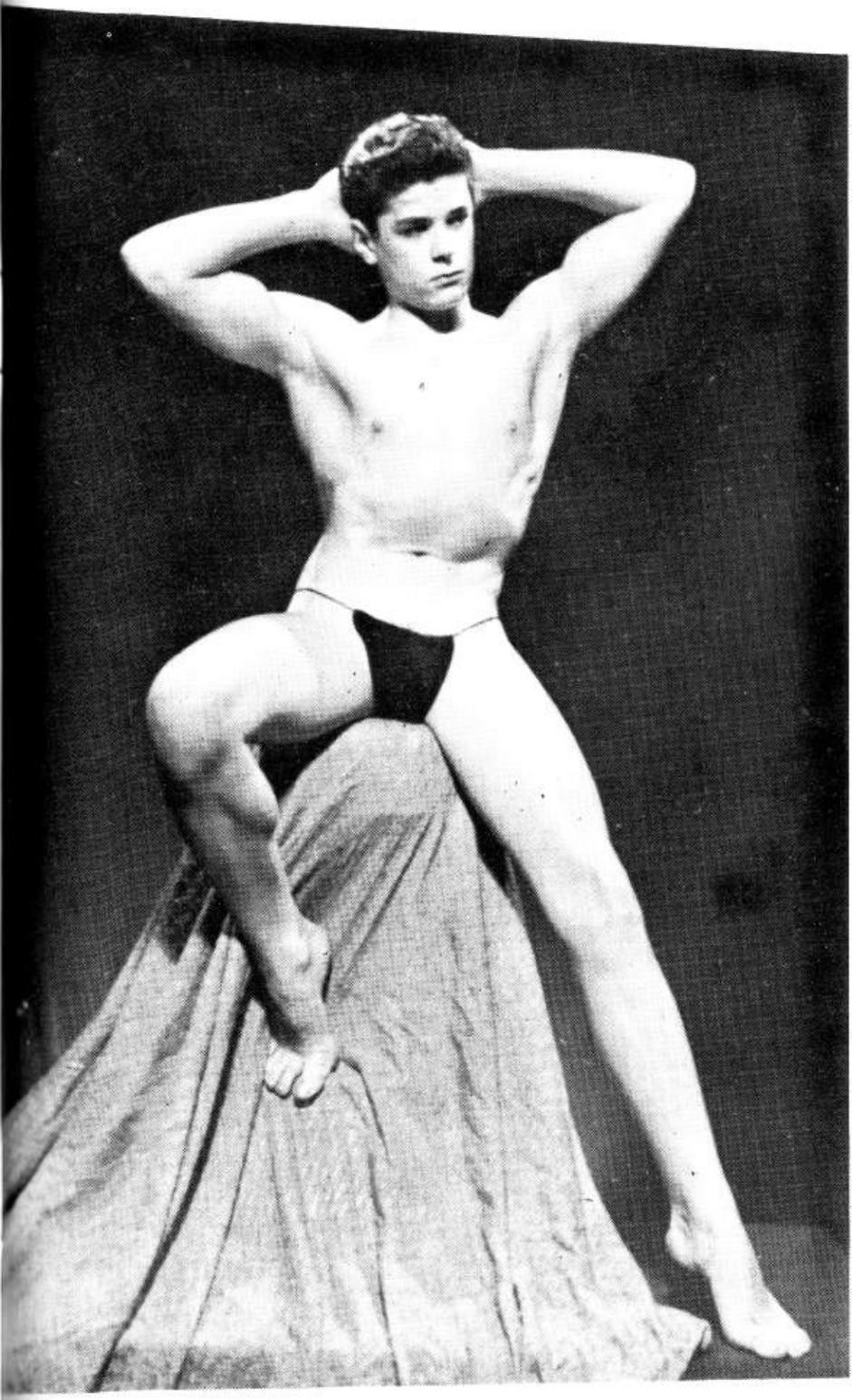
MICKEY GRIGG, 20[illegible] in a photo from FLORIDA MODEL GUILD.



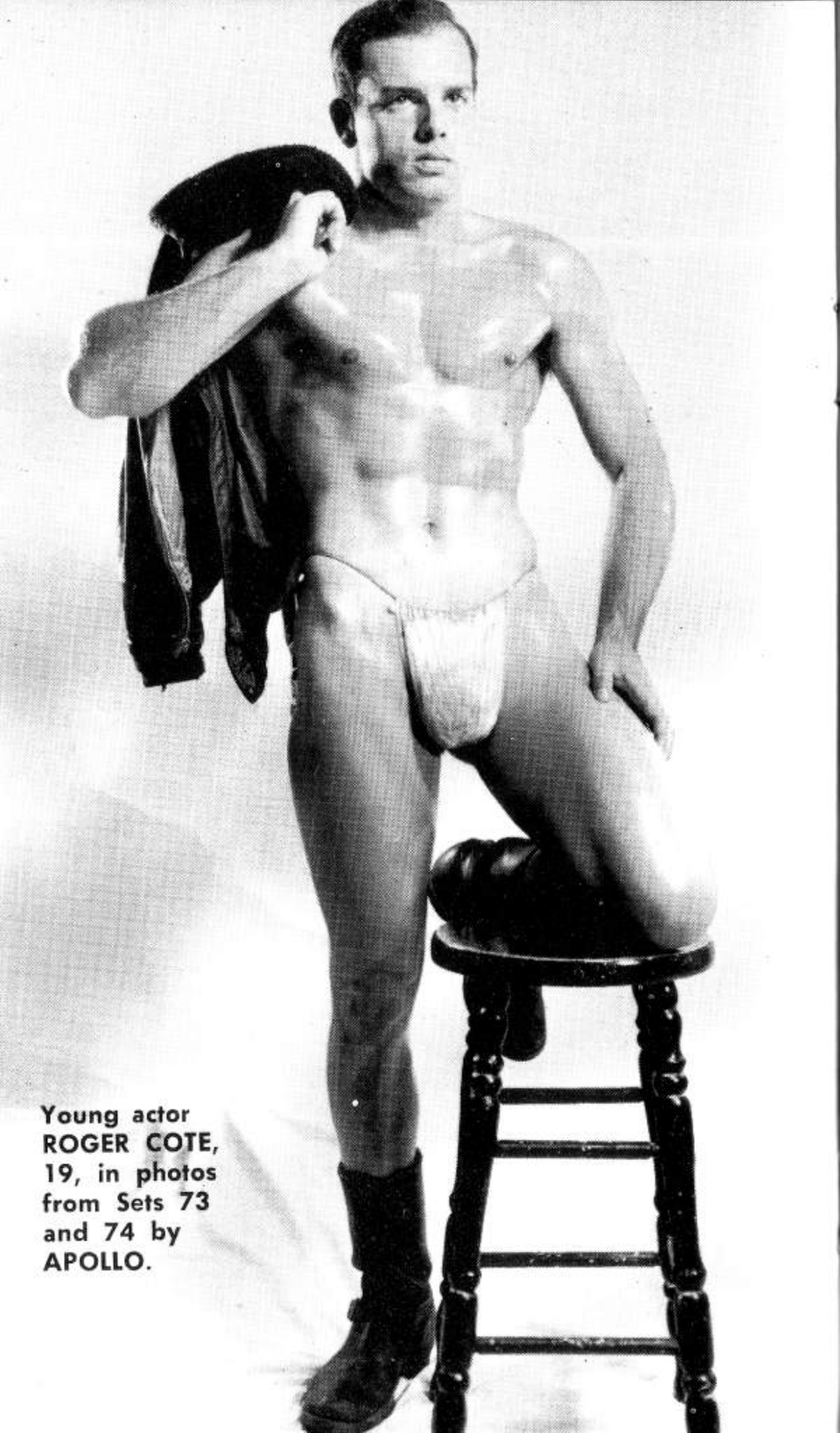

RICHARD HARRISON, 21, in Photo Set 18 by APOLLO.



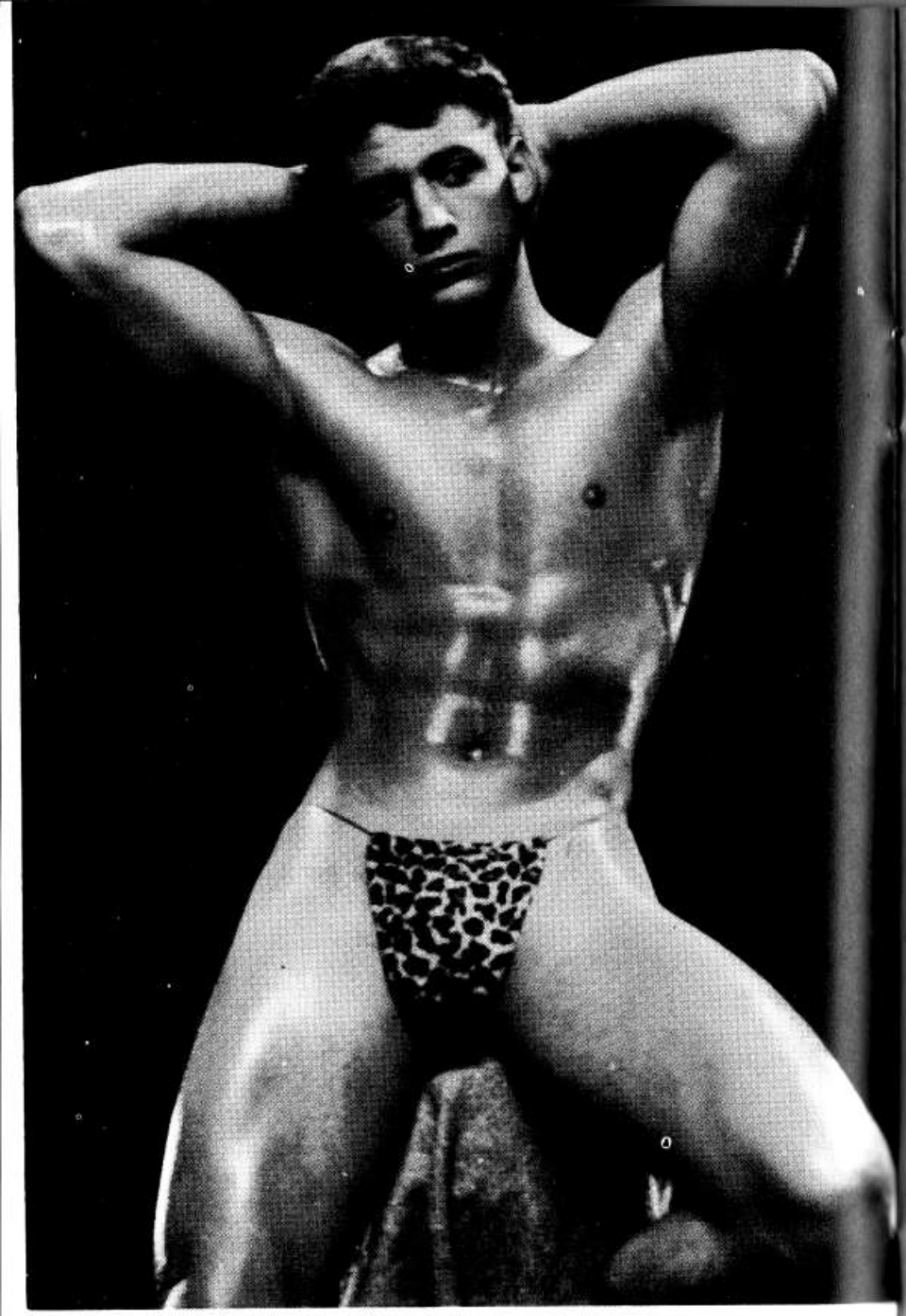
Youthful Brooklyn body builder EDDIE PRIOLA, 15, is another JACK SIDNEY discovery.



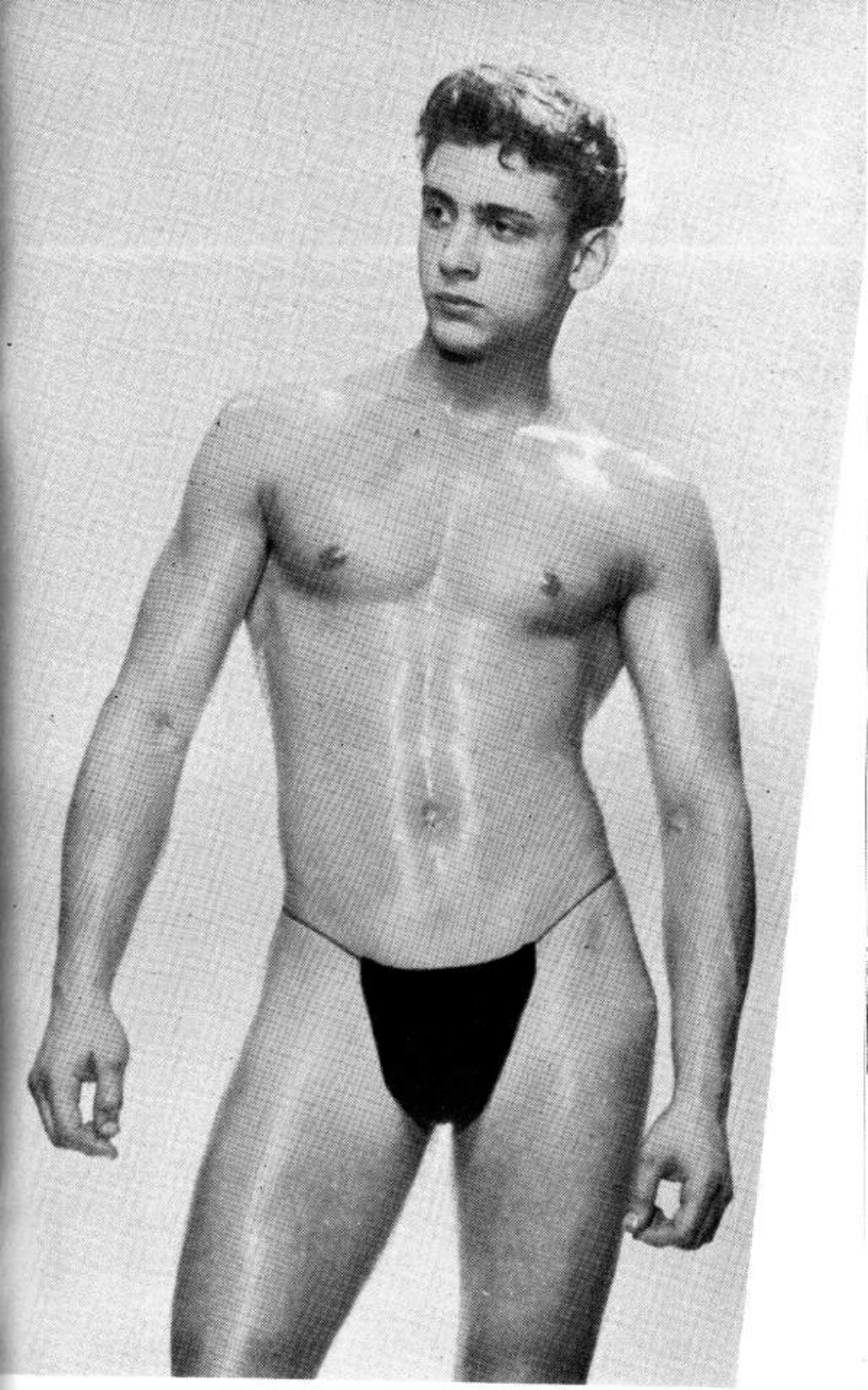
NYC high school athlete DON COLLALI, in photos by ANTHONY.

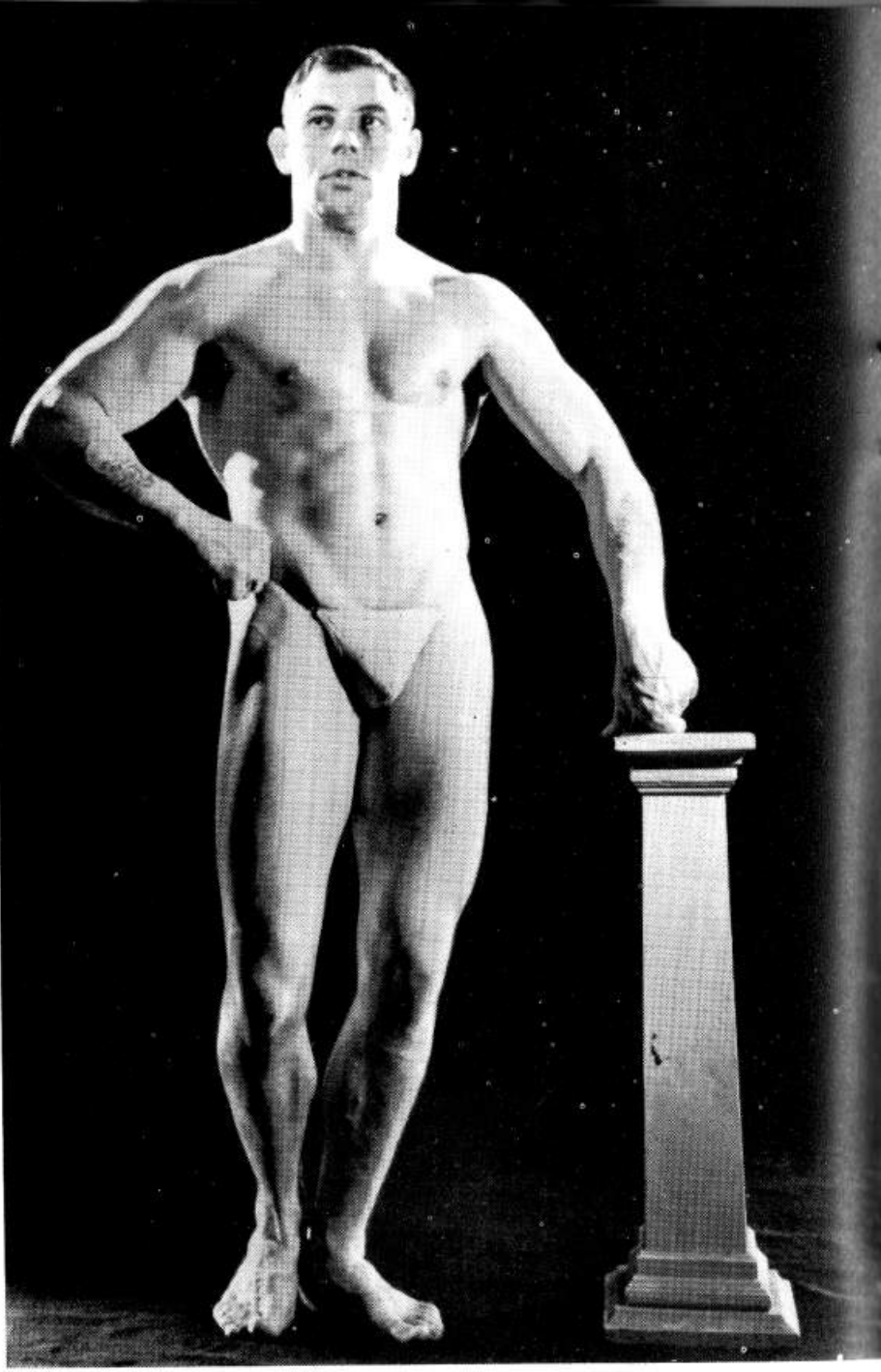


Young actor ROGER COTE, 19, in photos from Sets 73 and 74 by APOLLO.

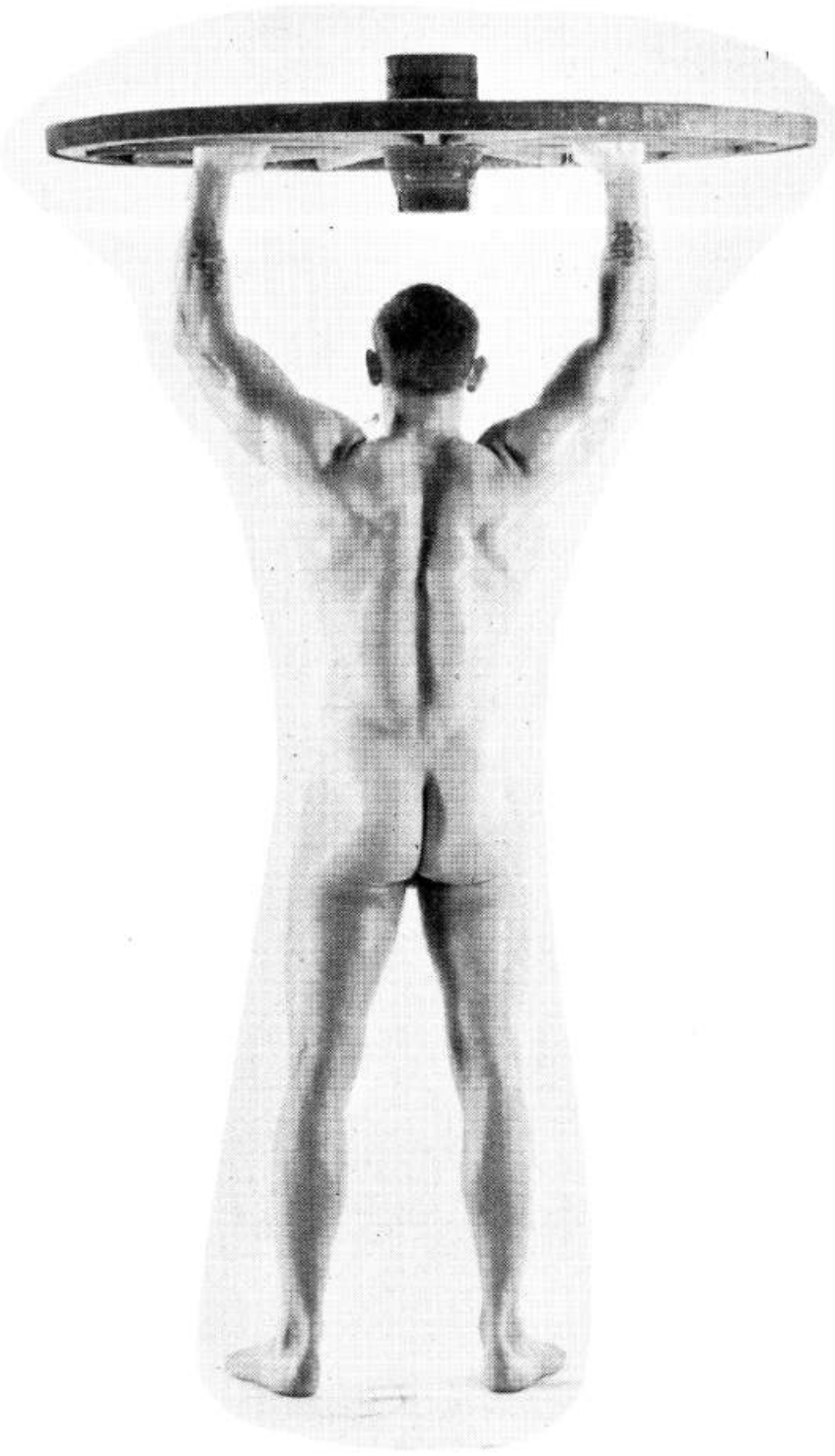


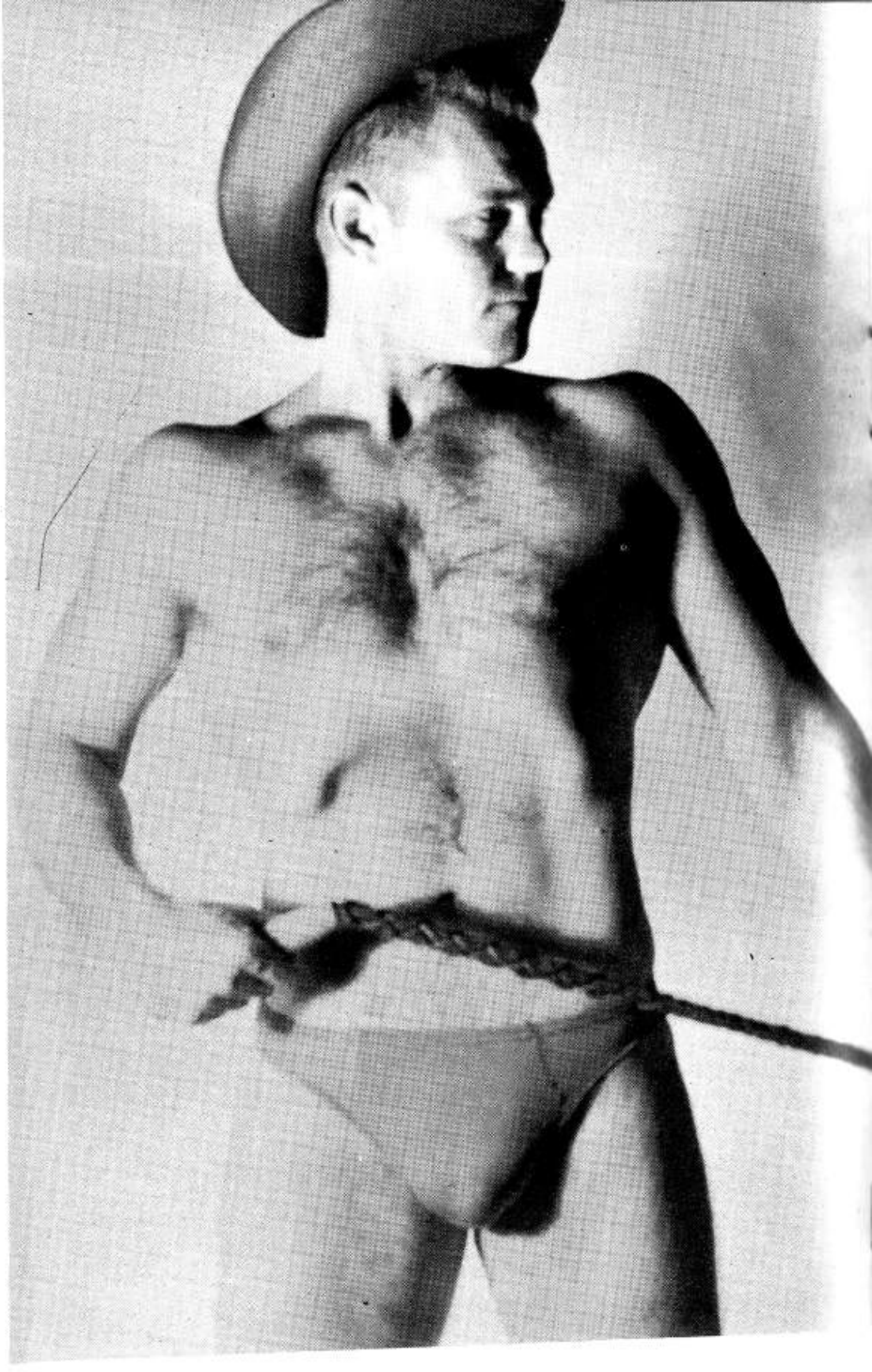
RONALD DESIND, 17, is 5'10" and weighs 165 pounds. He has been working out only 6 months. Photos by JACK SIDNEY.



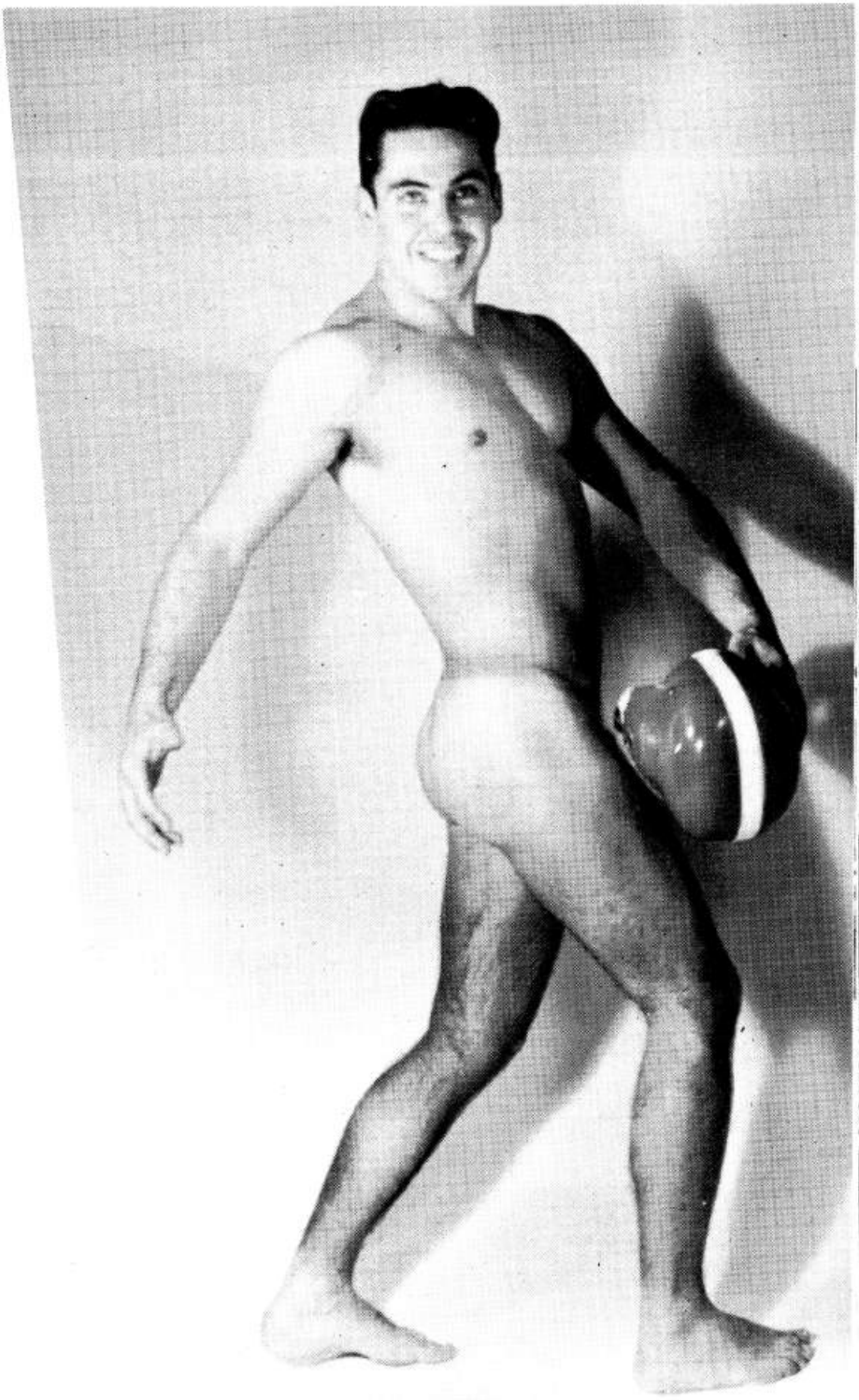


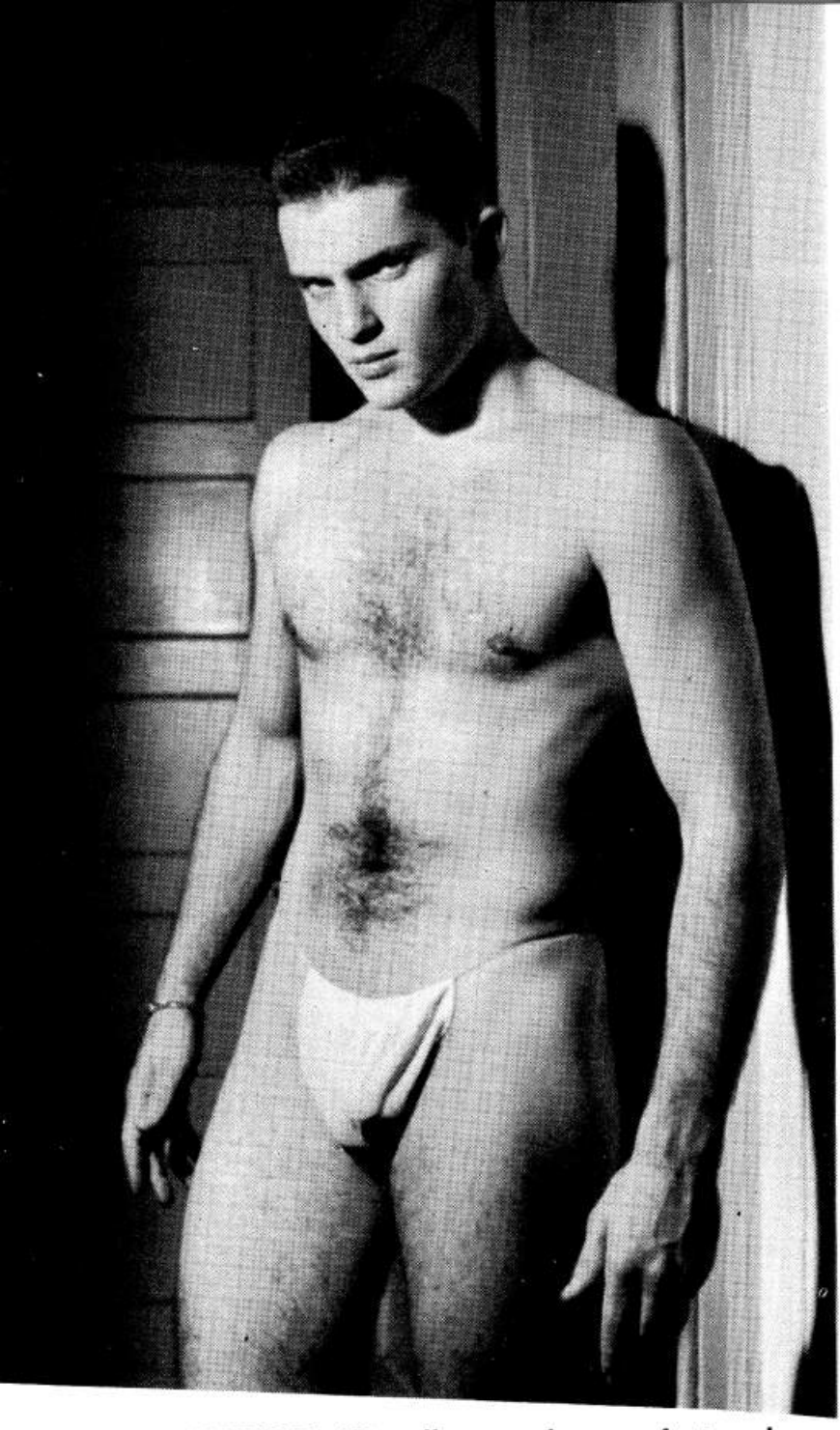
These striking shots of well known British body builder LEON COPPOLA come to us by way of ROYALE.



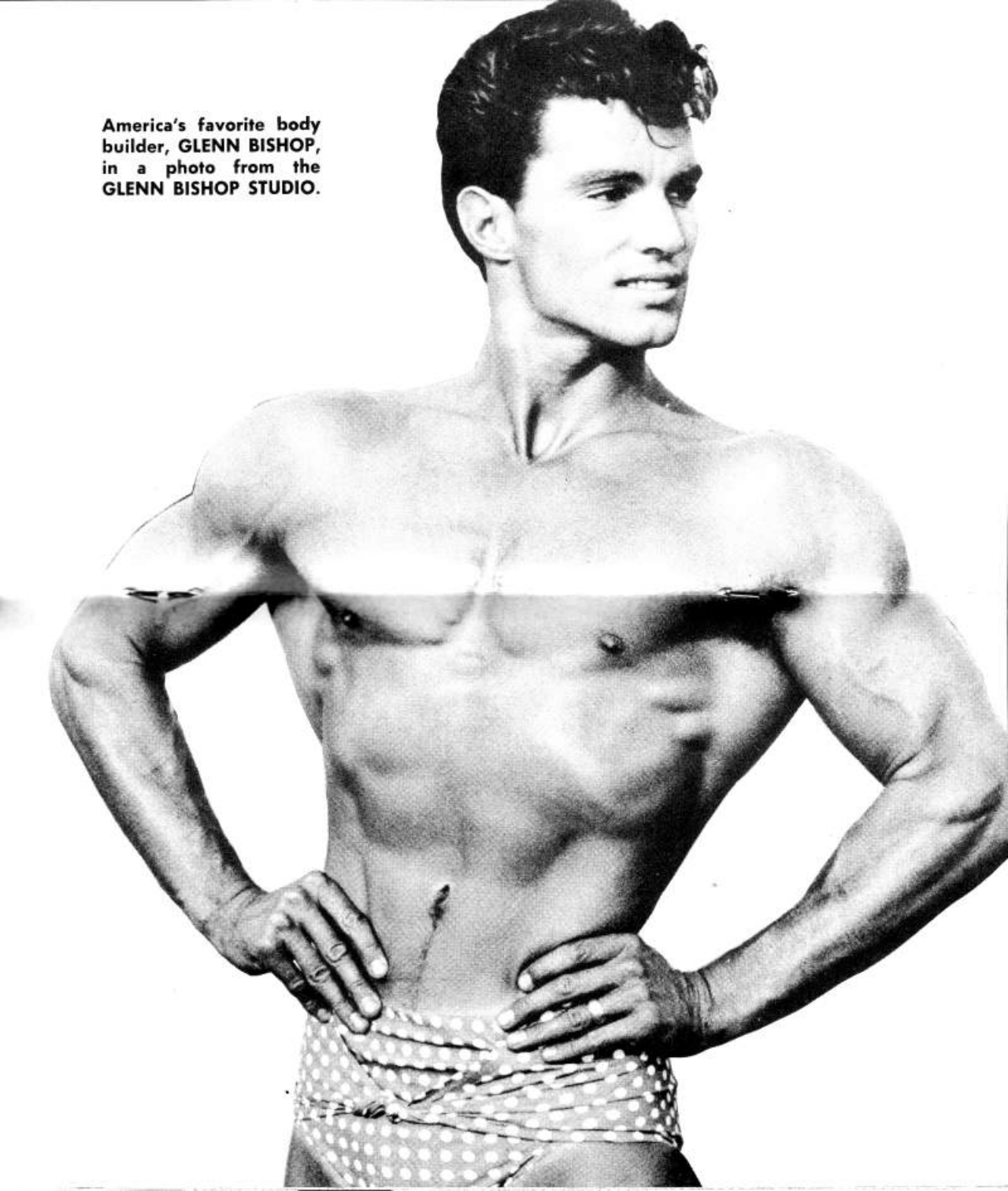


KURT MANN, above, and MIKE ANTHONY, opposite page, are recent releases from the new GENTRY OF NEW ORLEANS Studio.

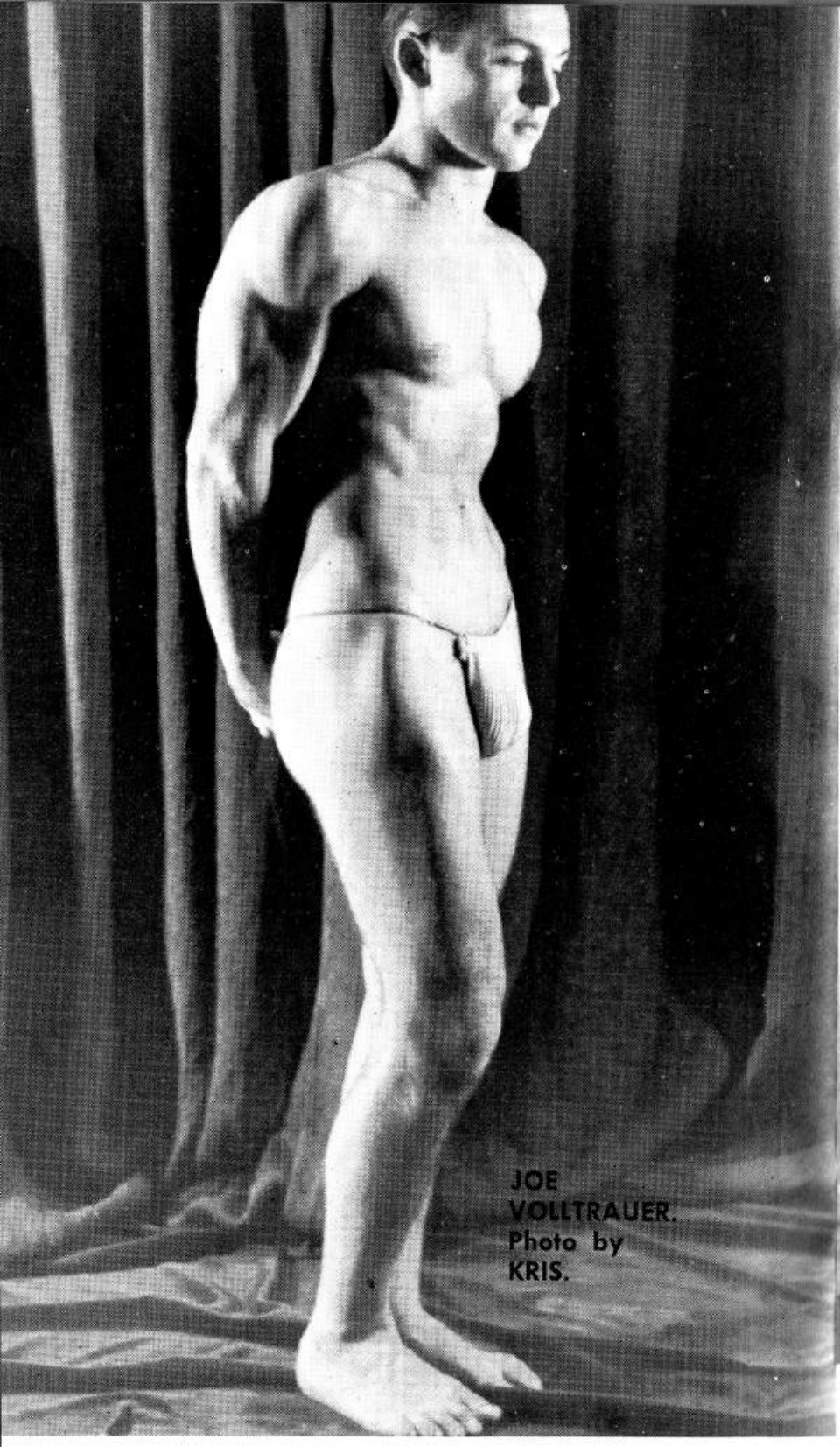


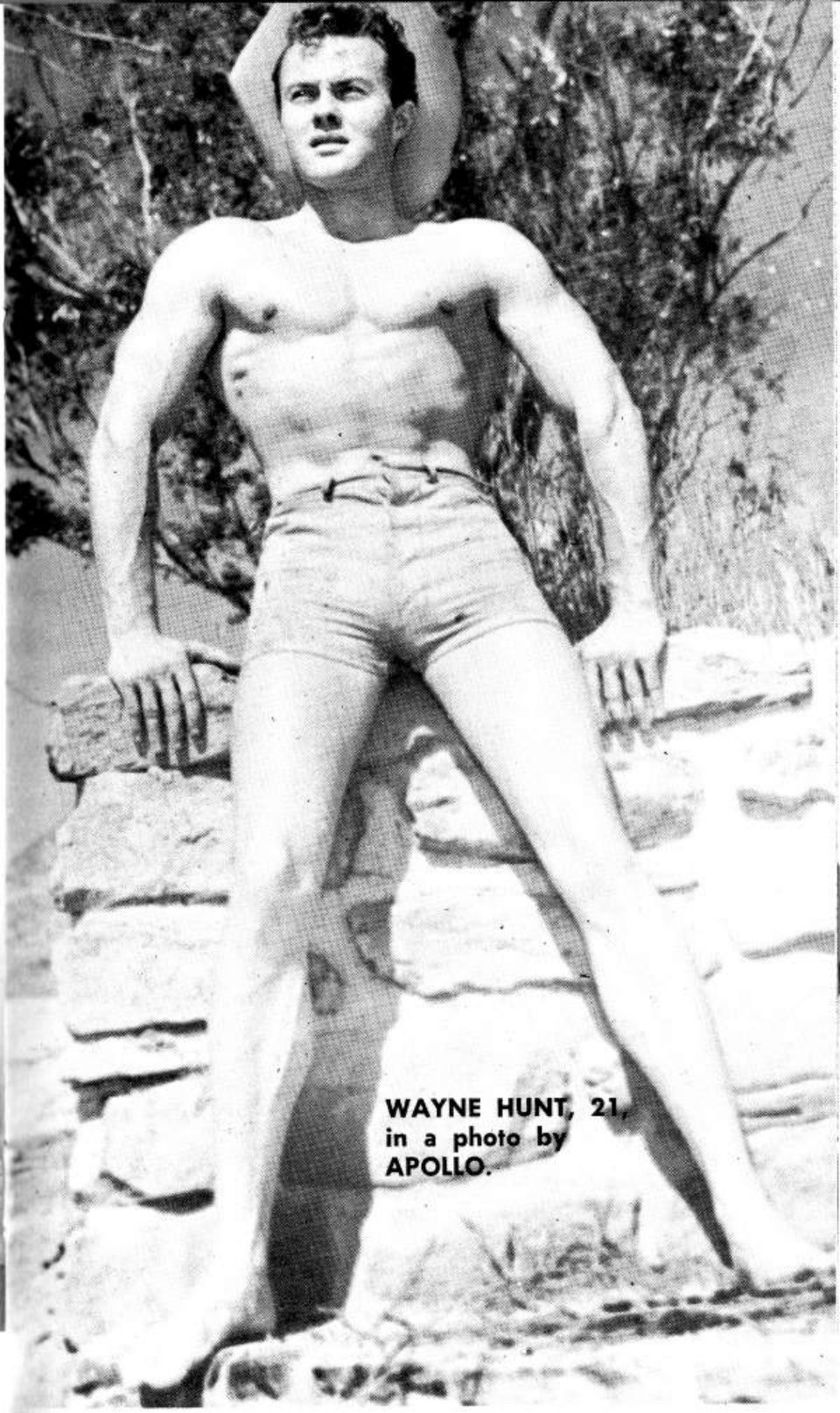


BILLY CONNORS, 19, college sophomore featured in VULCAN Catalog 92.

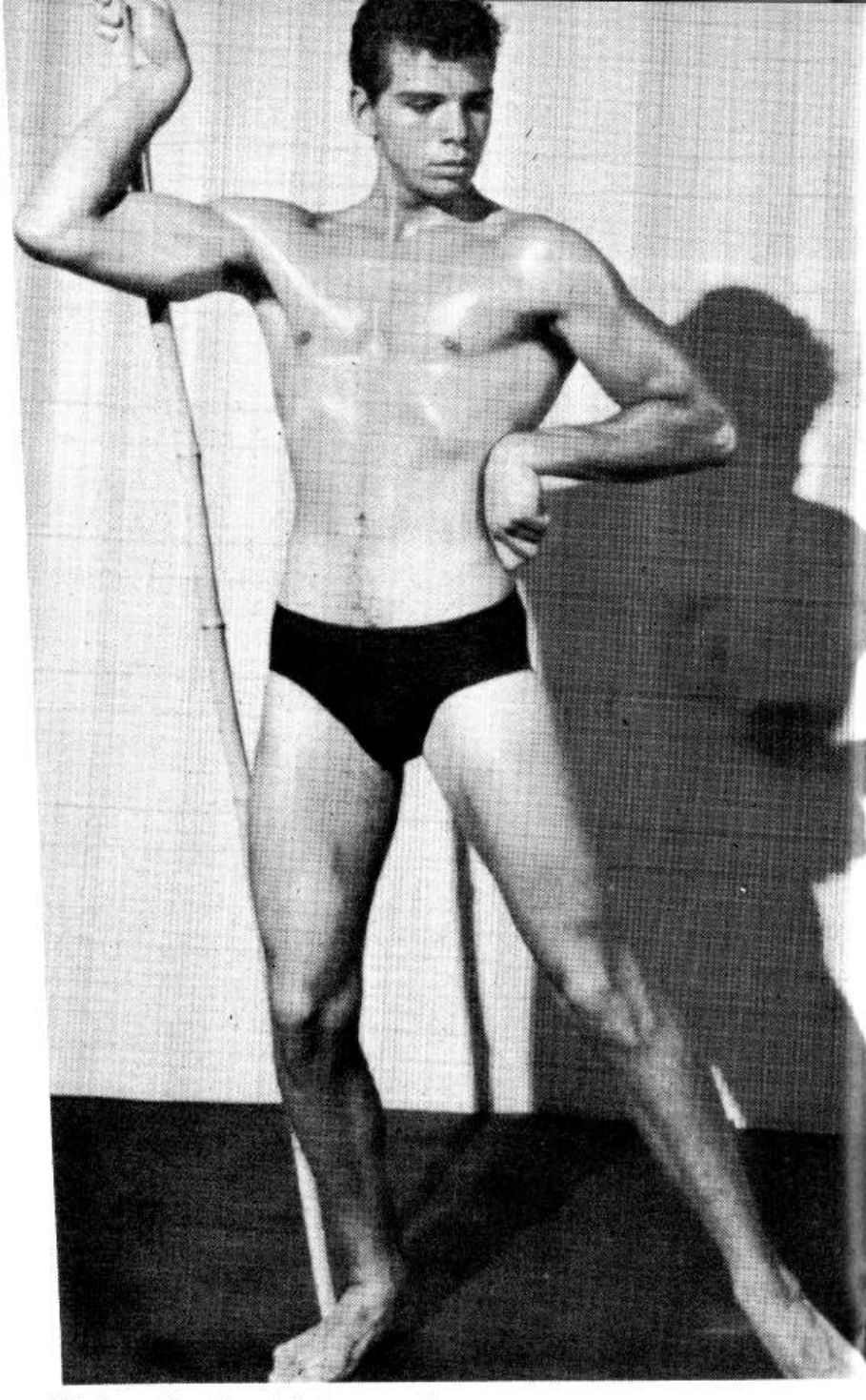


America's favorite body builder, GLENN BISHOP, in a photo from the GLENN BISHOP STUDIO.

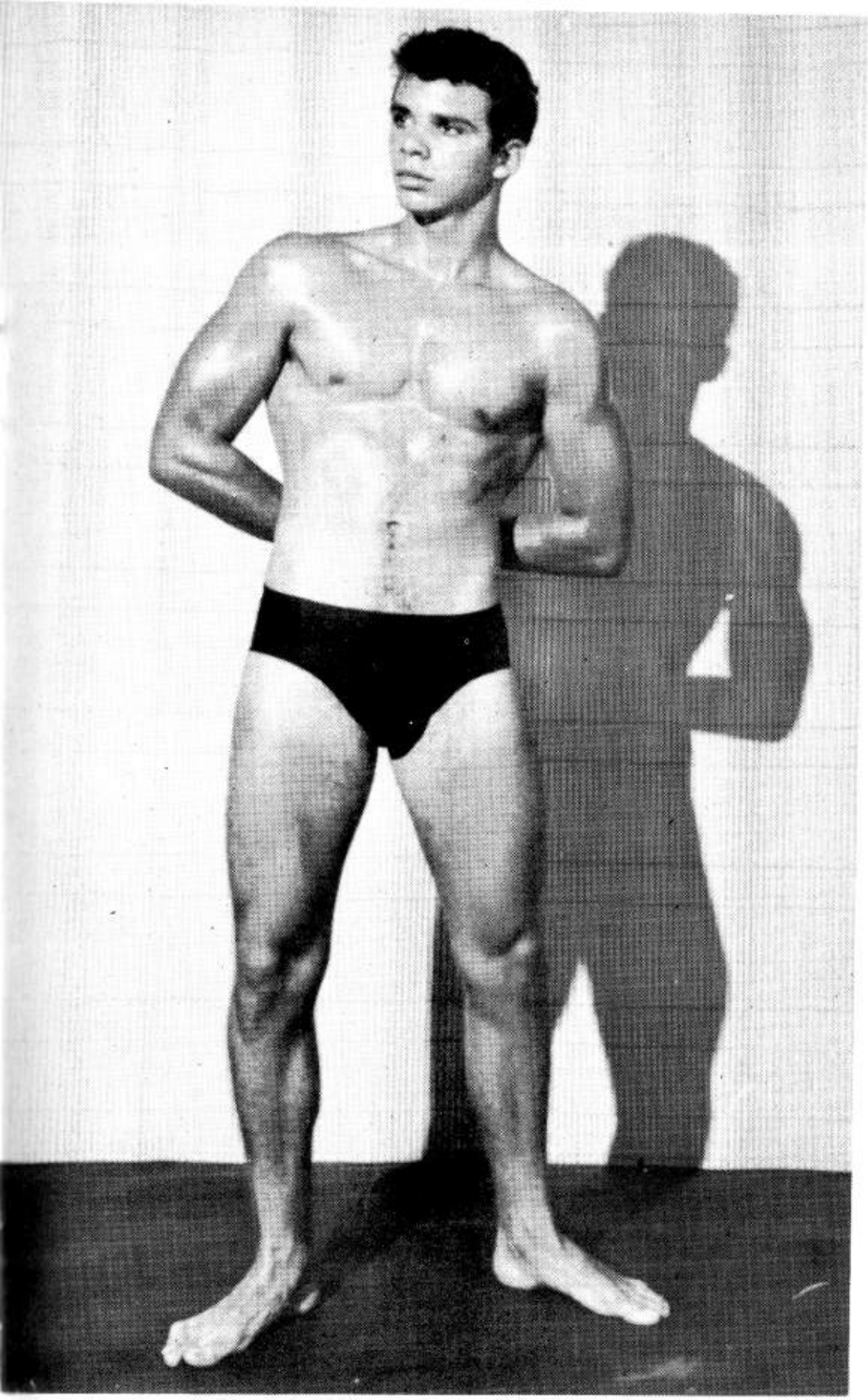

JOE
VOLLTRAUER.
Photo by
KRIS.

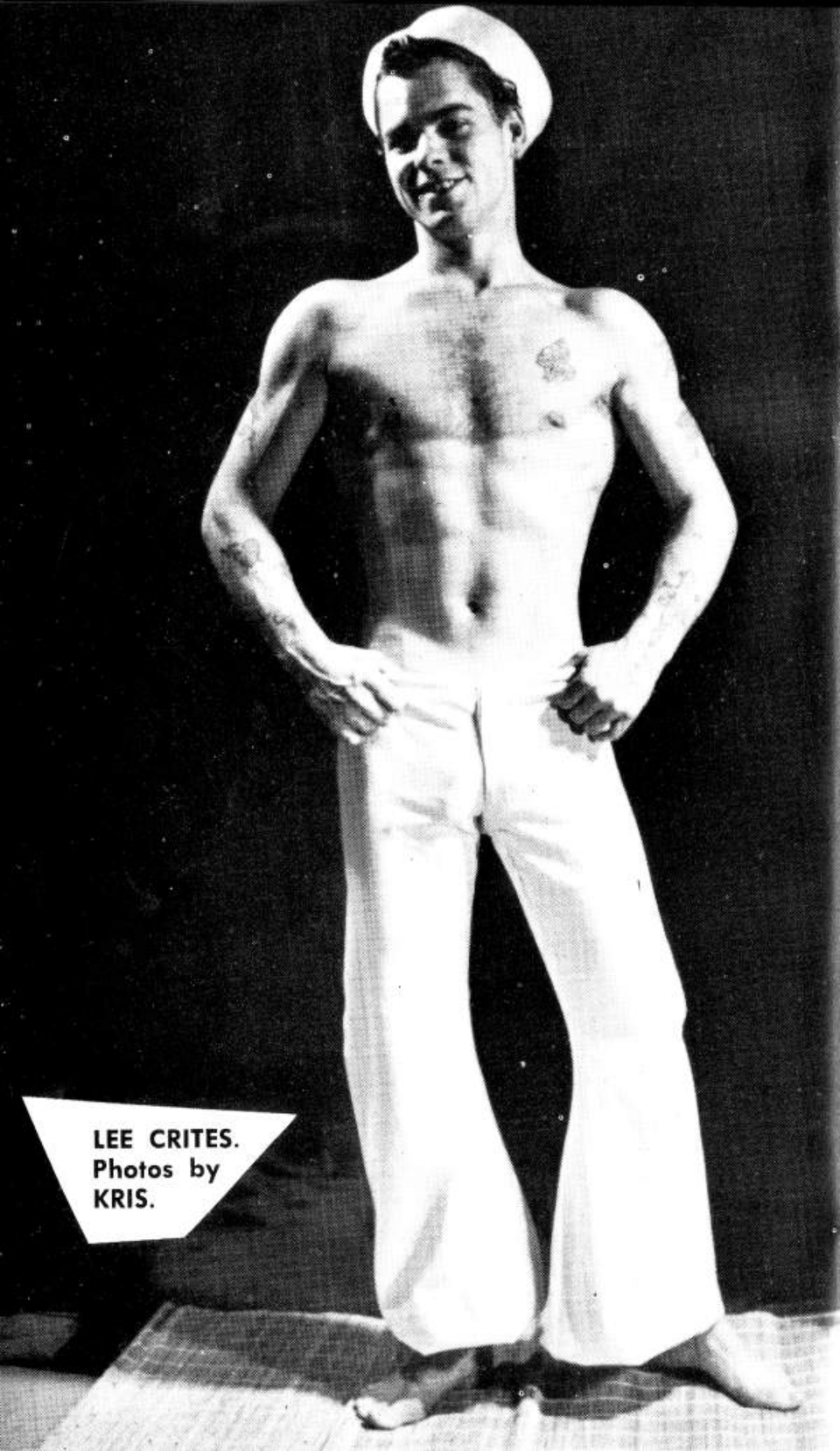


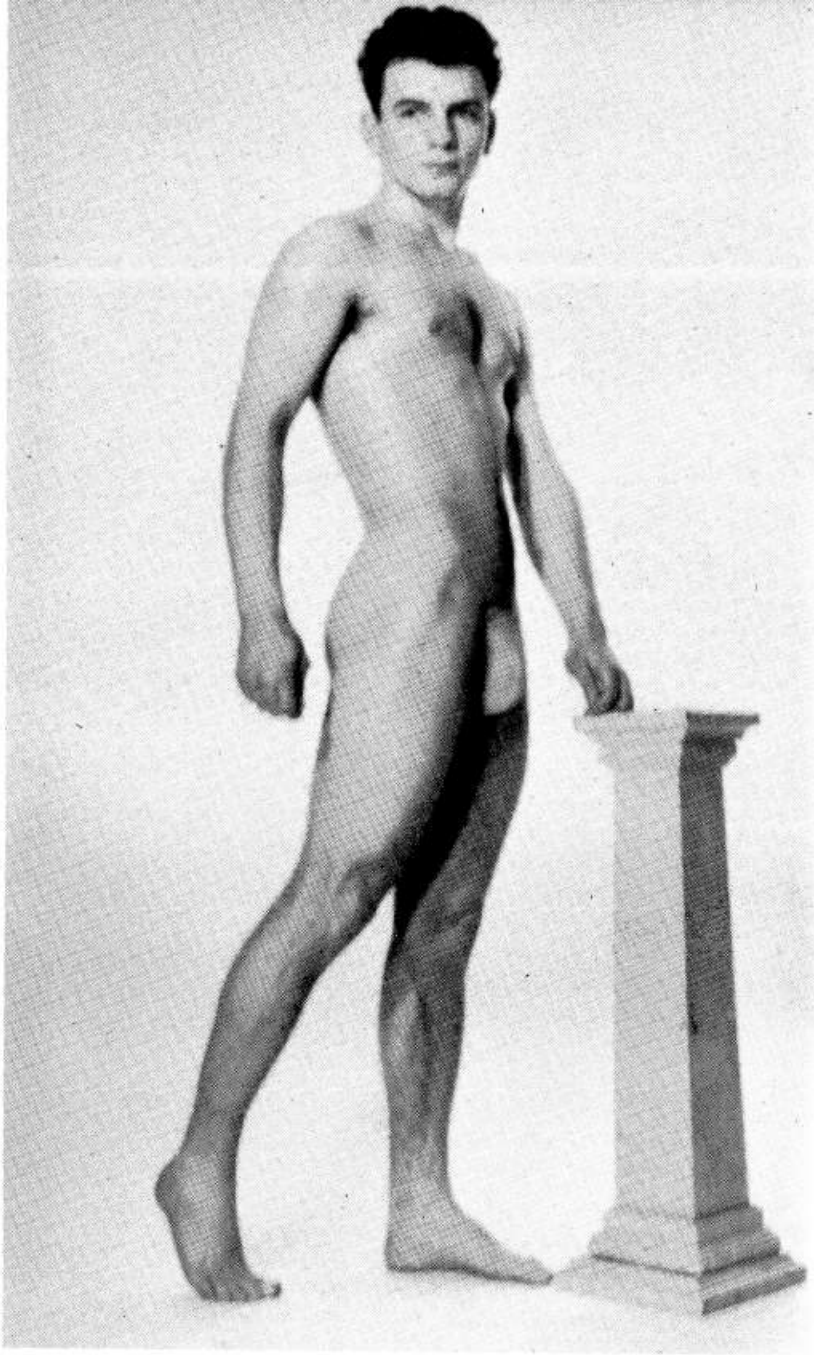
WAYNE HUNT, 21, in a photo by APOLLO.



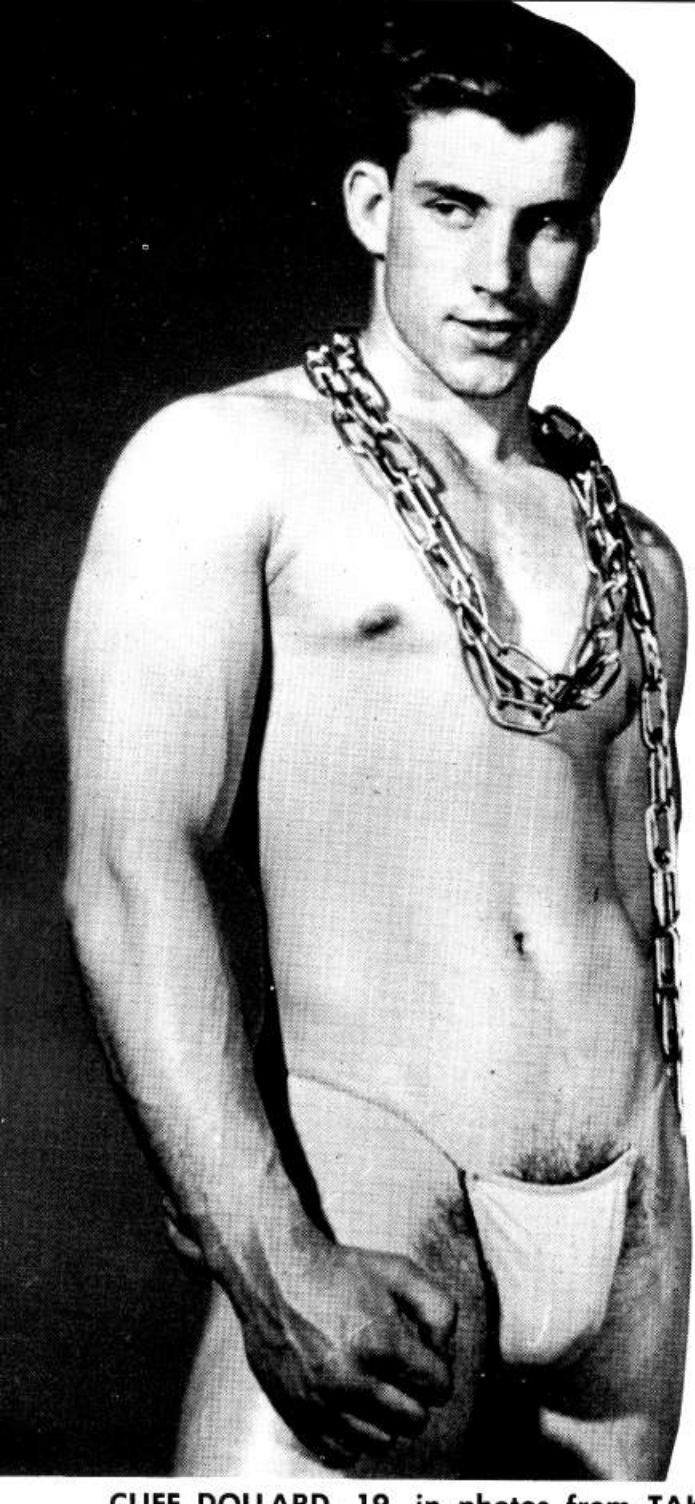
High school athletics and a systematic body building program gave 17 year old BILL KEEL the physique of which few his age can boast. Photos by ANTHONY.



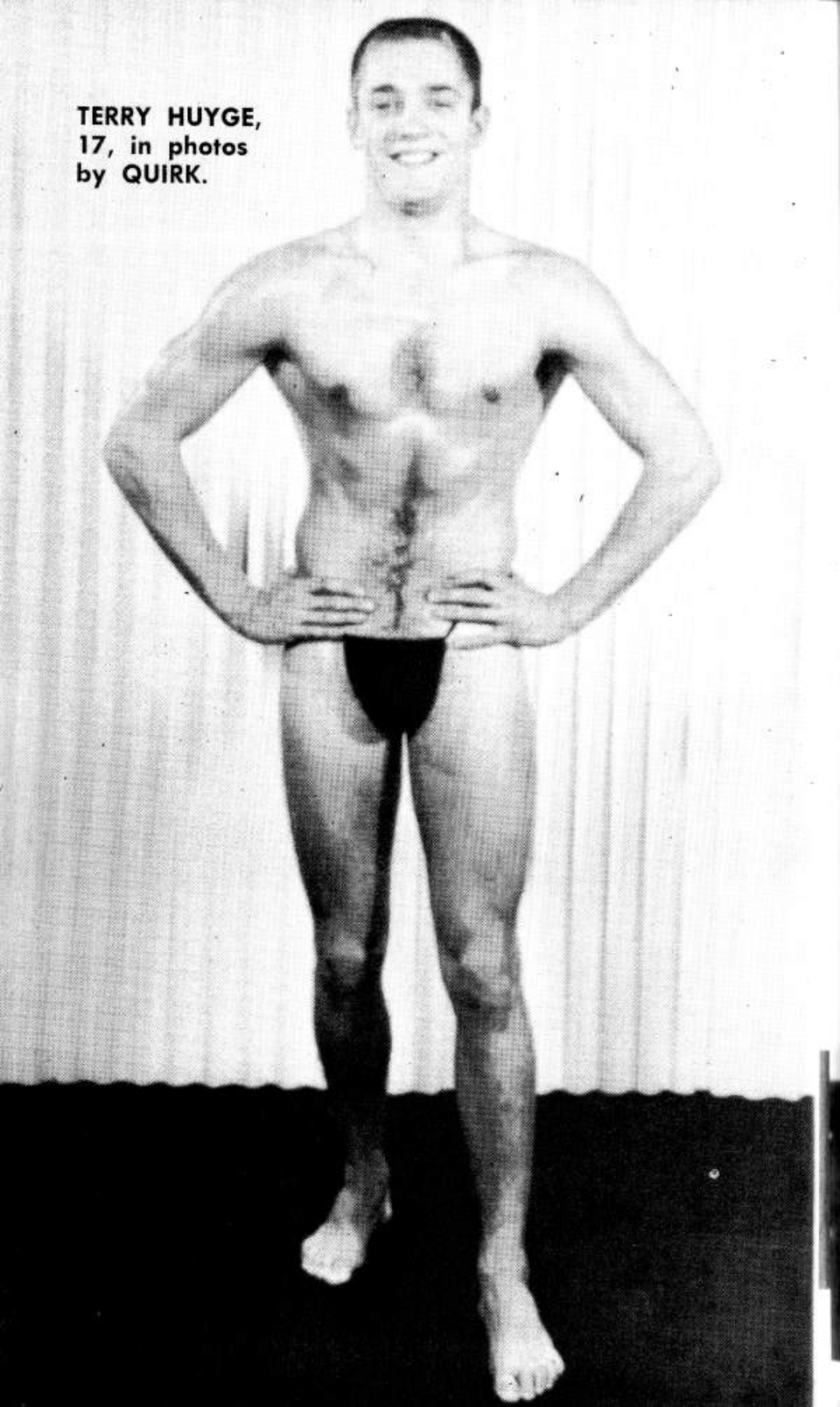

LEE CRITES.
Photos by
KRIS.



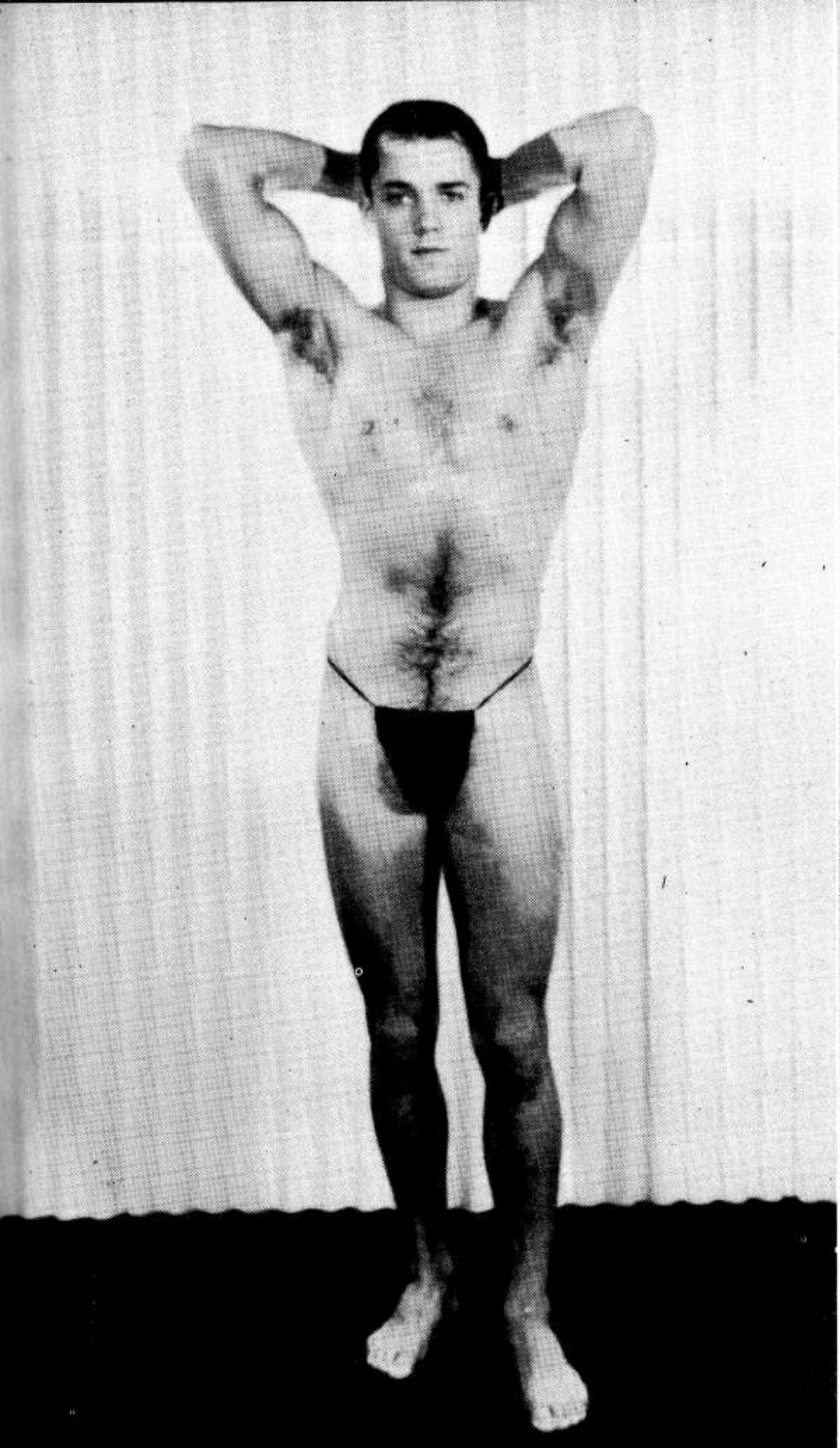
LOUIS MICHEL of Andora, in photos by ROYALE.

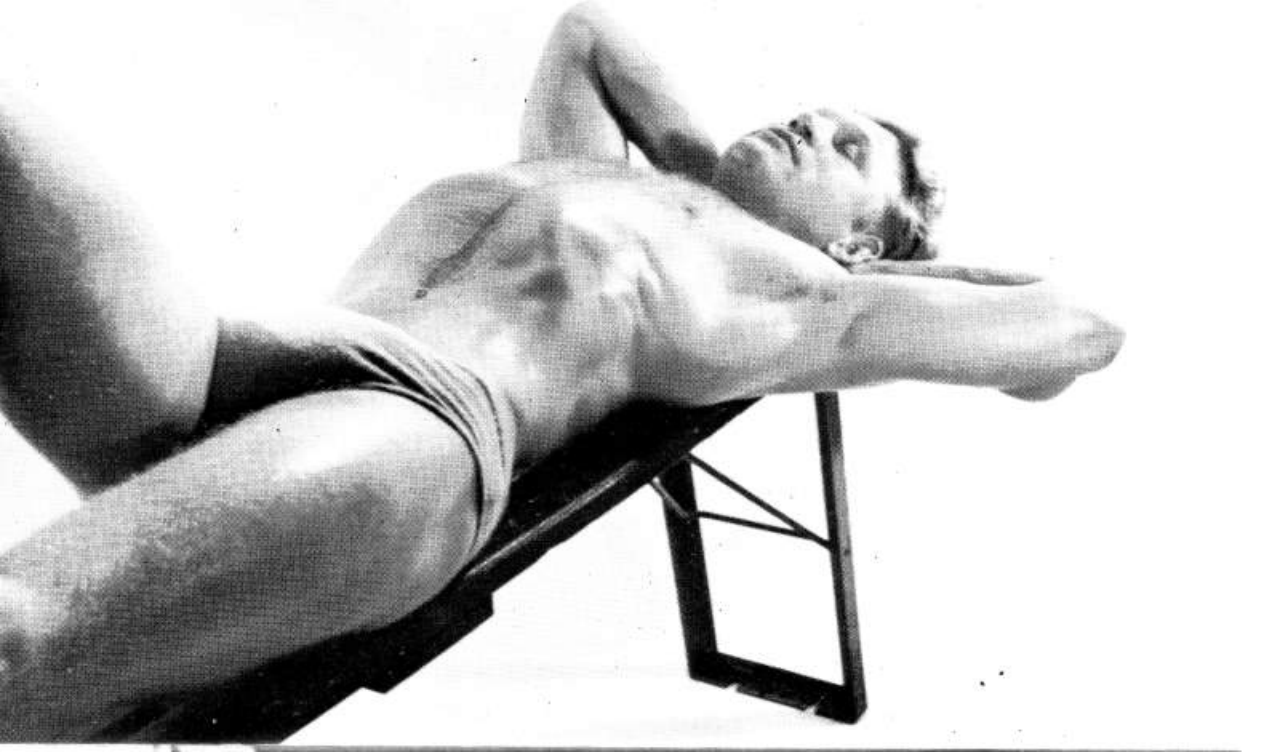


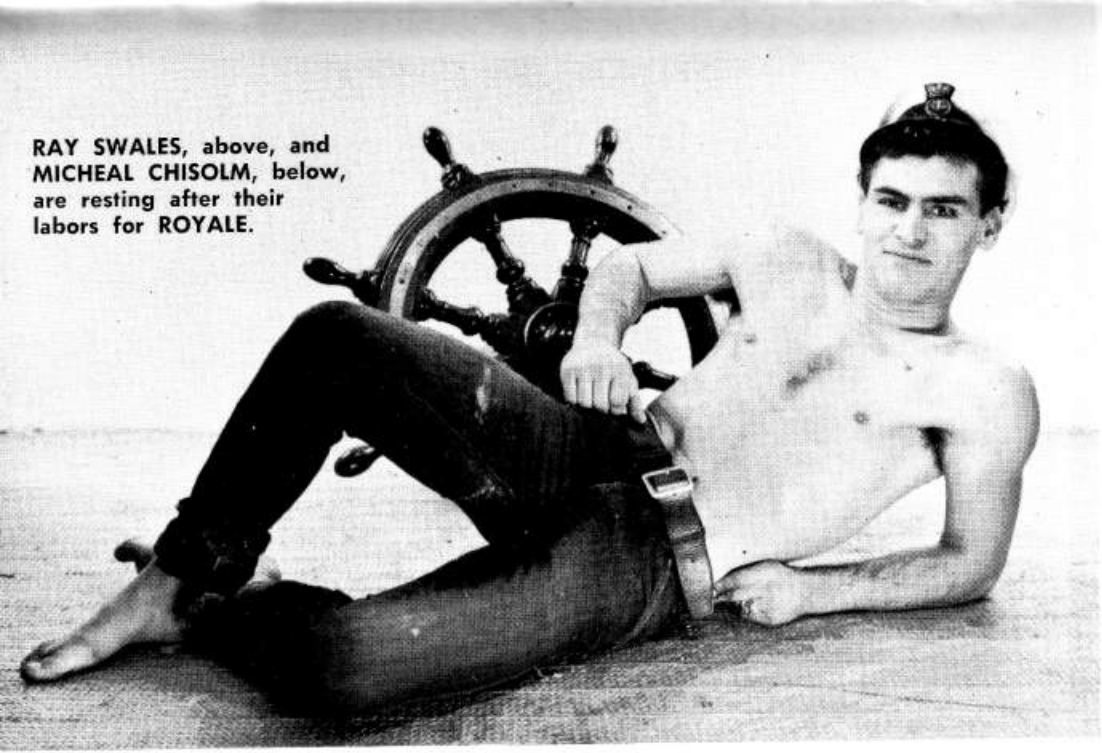
CLIFF DOLLARD, 19, in photos from TAKE ONE STUDIOS.



TERRY HUYGE,
17, in photos
by QUIRK.

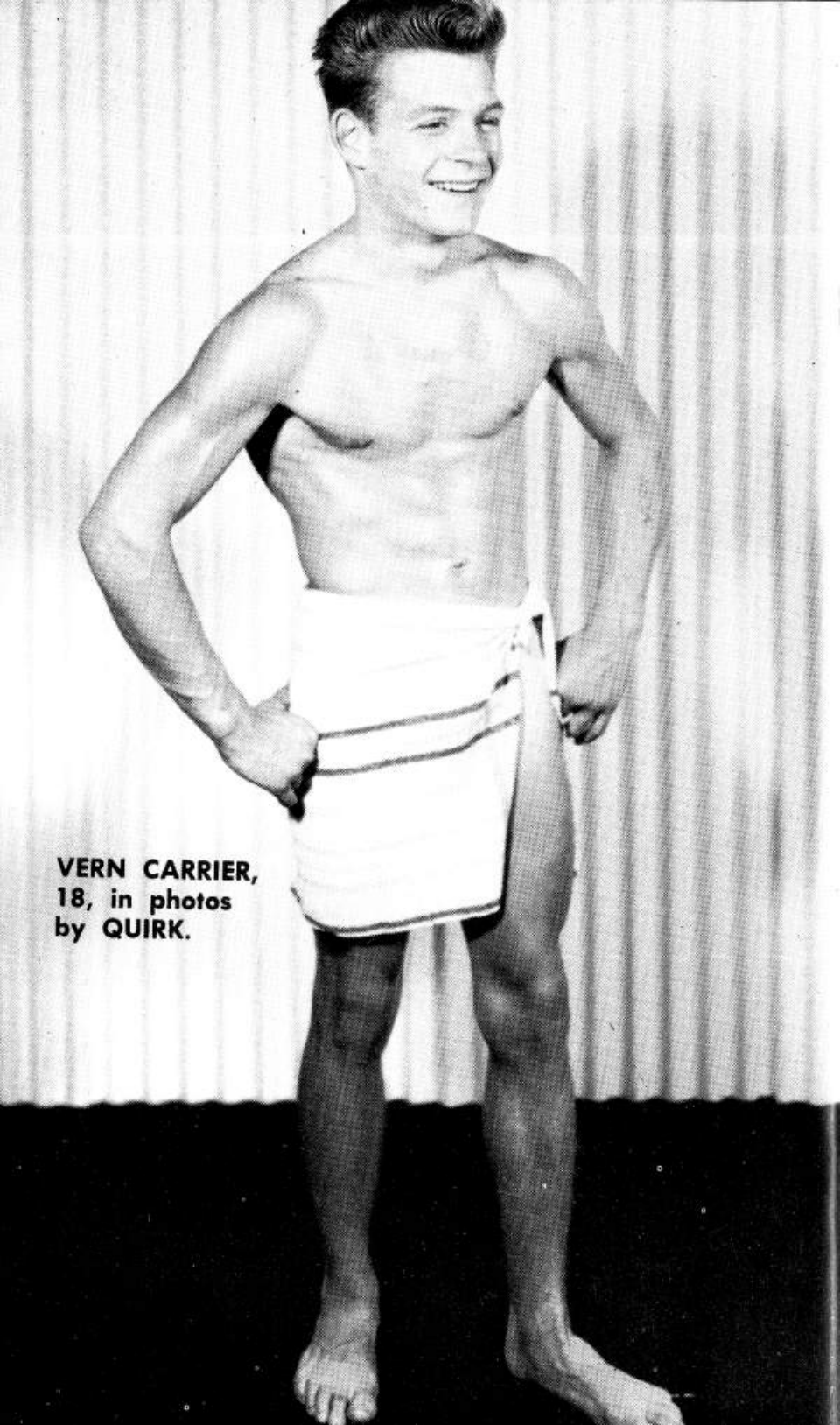




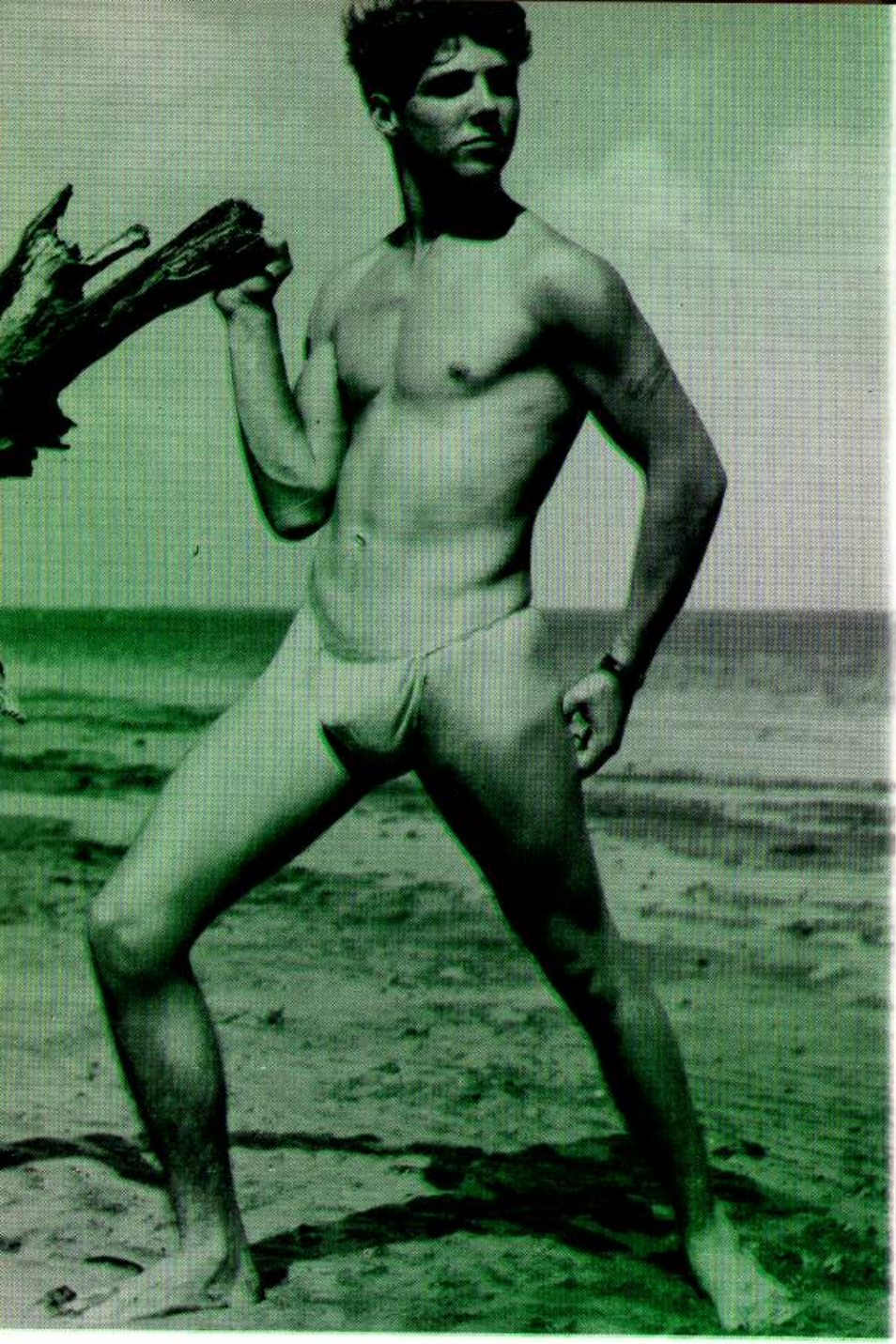


RAY SWALES, above, and MICHEAL CHISOLM, below, are resting after their labors for ROYALE.

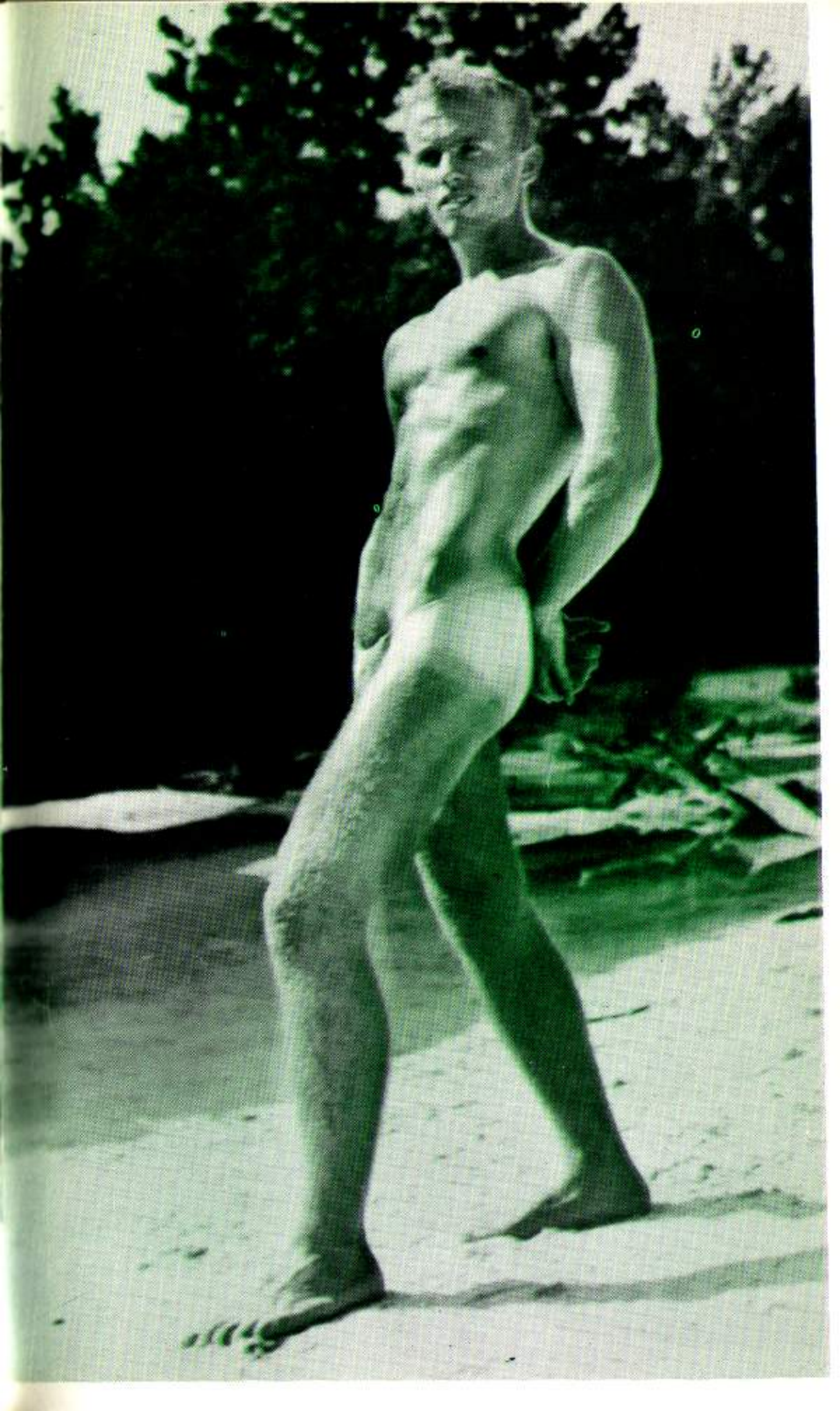
CLIFF WERDINGER, NYC body builder and high school athlete, in photos by ANTHONY.

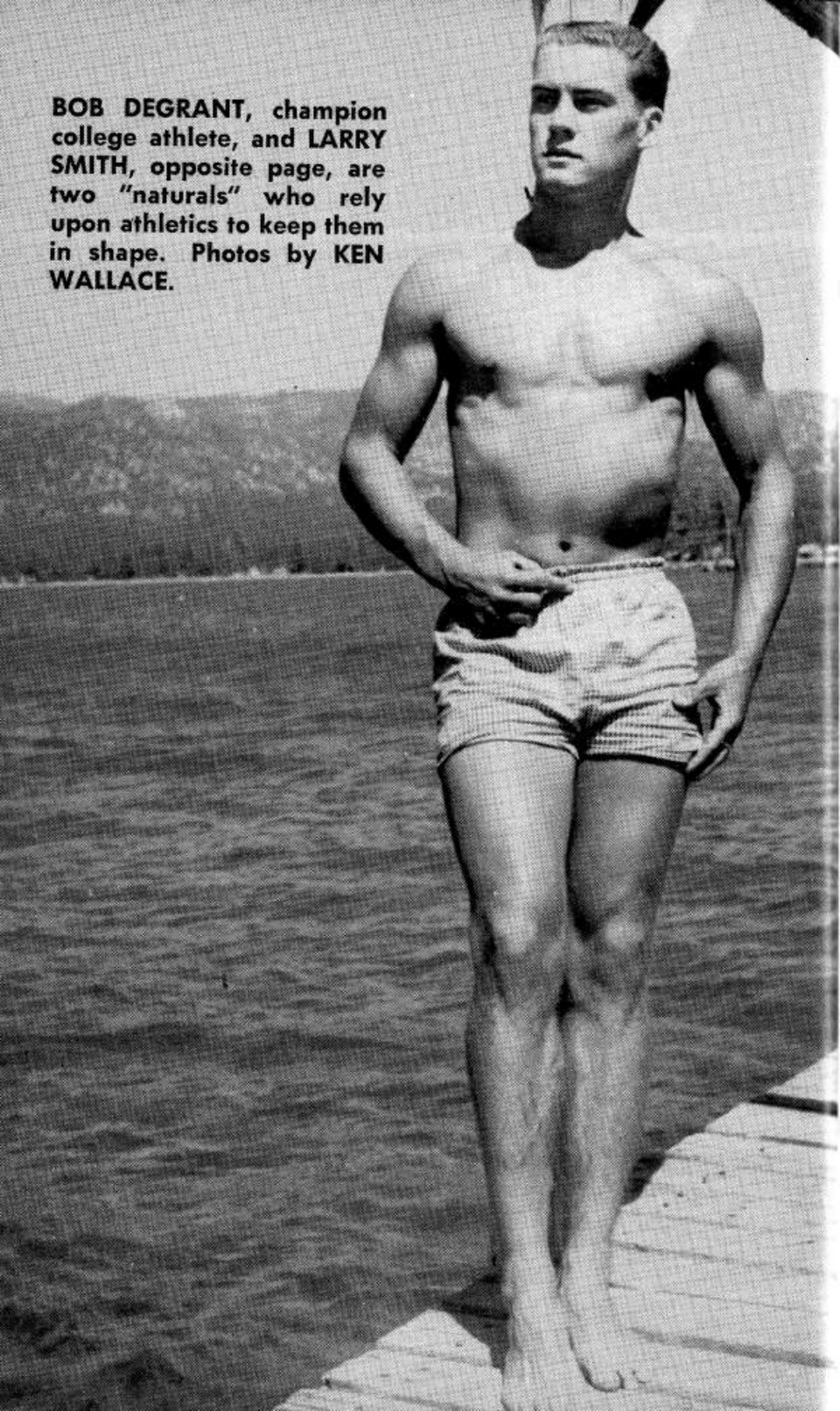


VERN CARRIER, 18, in photos by QUIRK.

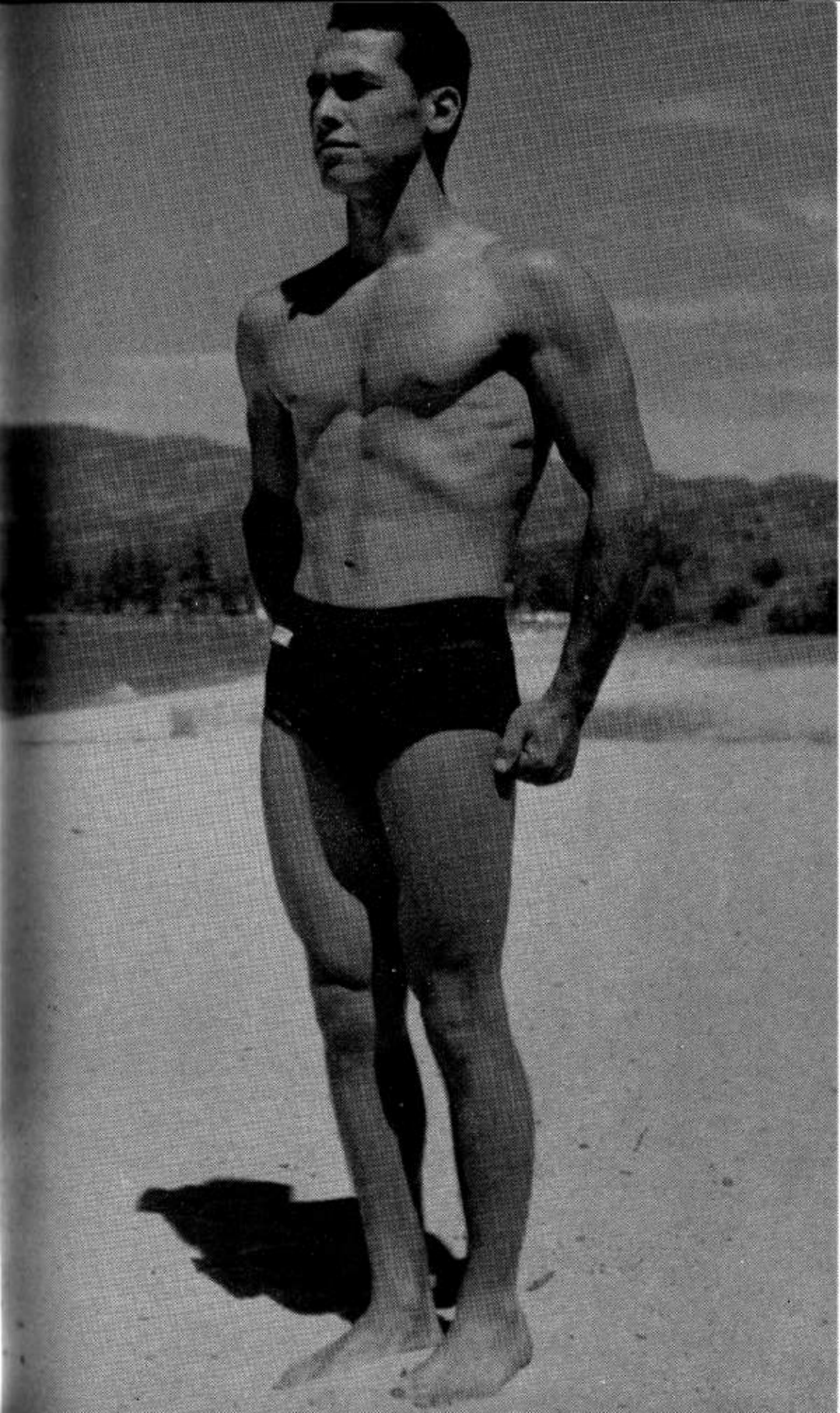


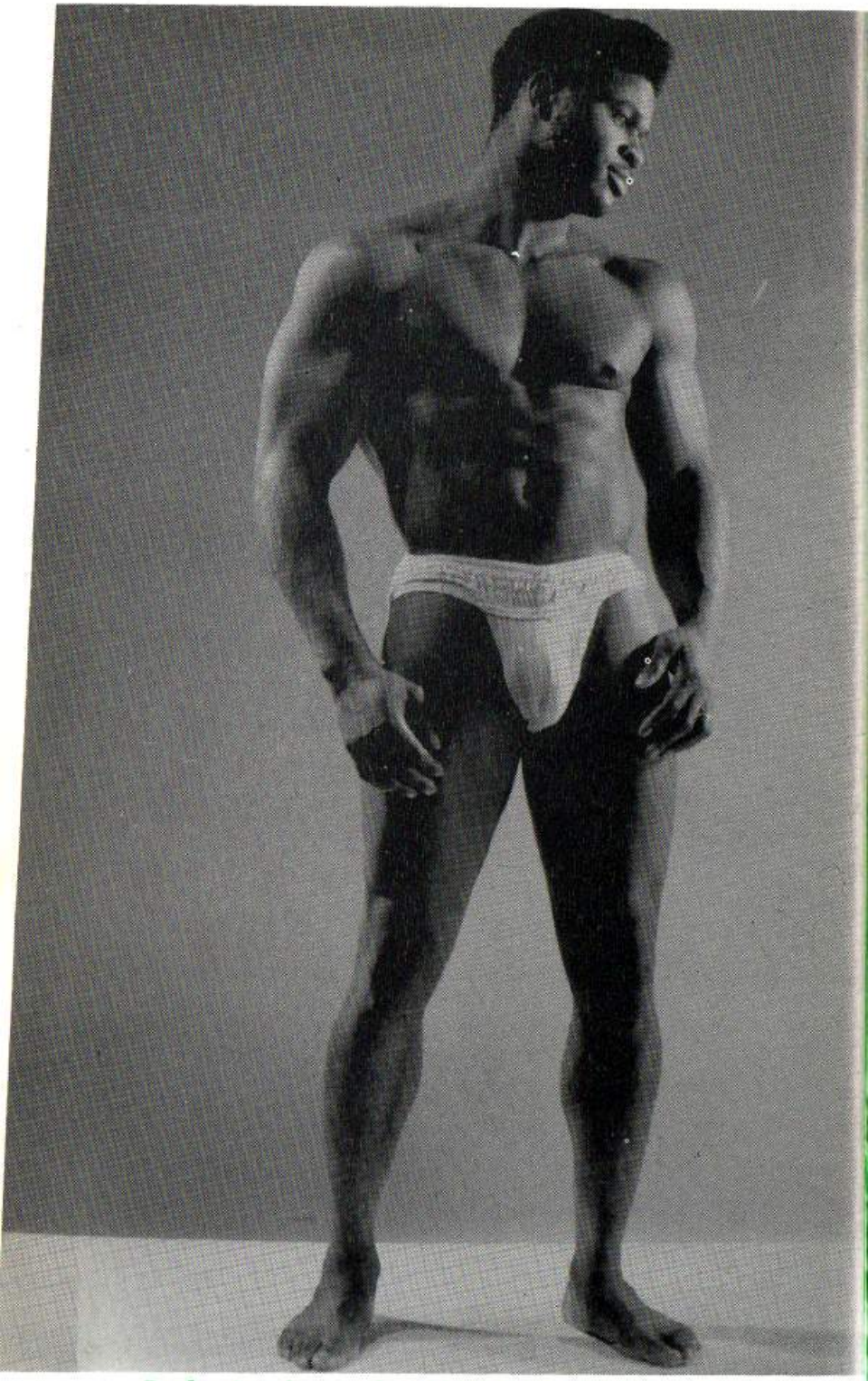
CONRAD KOERNER, 18, above, and ROBERT BALDWIN, right, are two recent releases from FLORIDA MODEL GUILD.



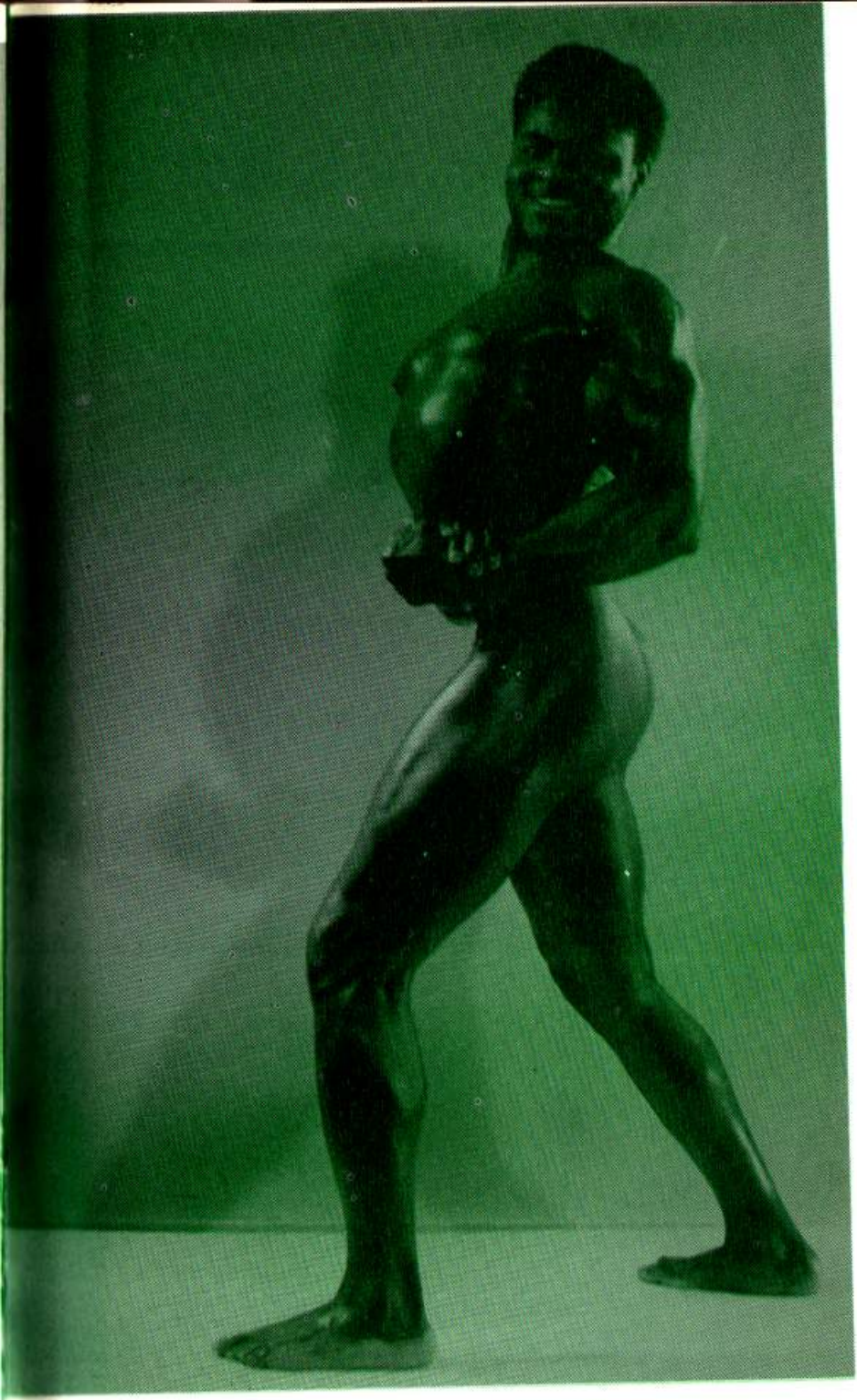


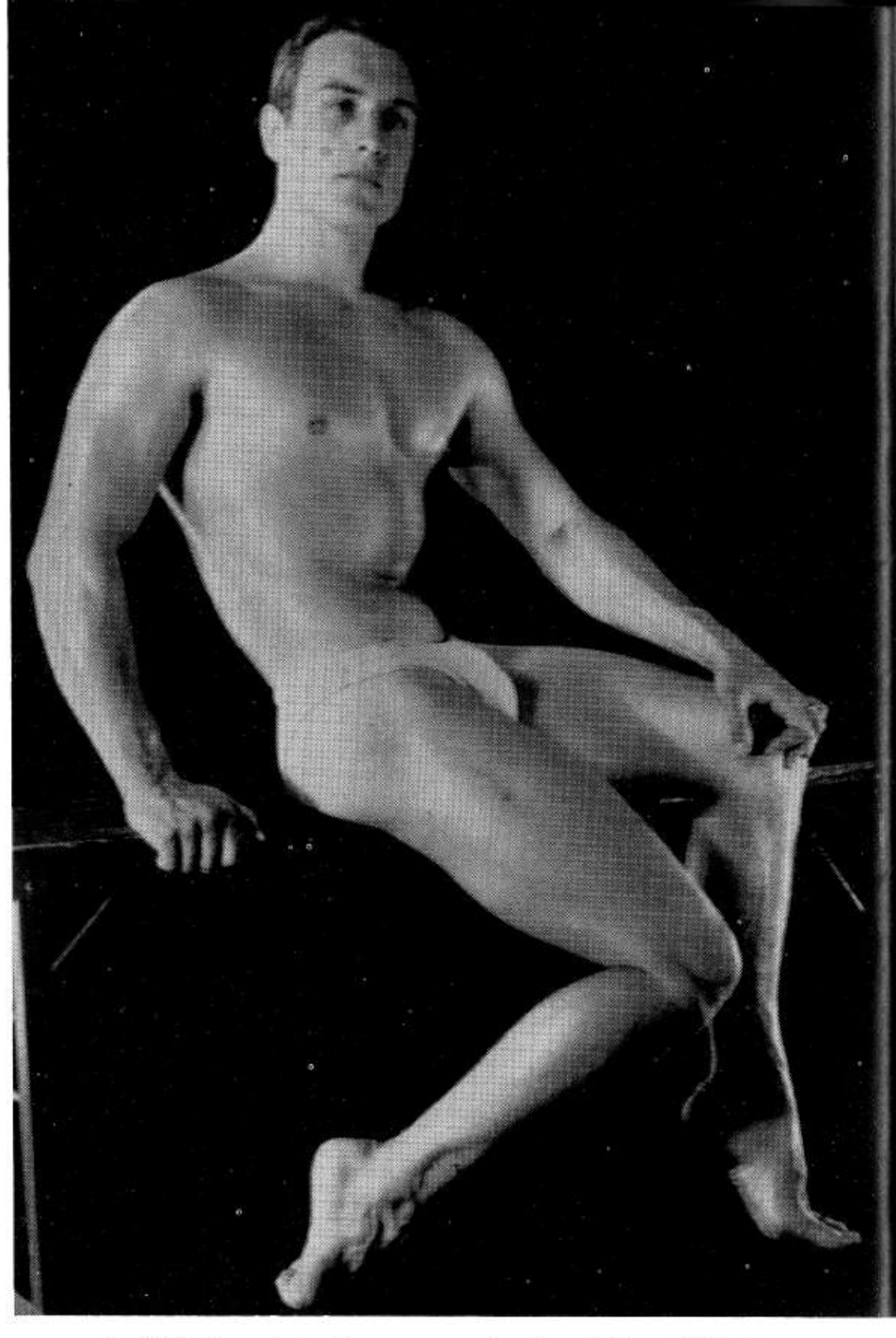
BOB DEGRANT, champion college athlete, and LARRY SMITH, opposite page, are two "naturals" who rely upon athletics to keep them in shape. Photos by KEN WALLACE.



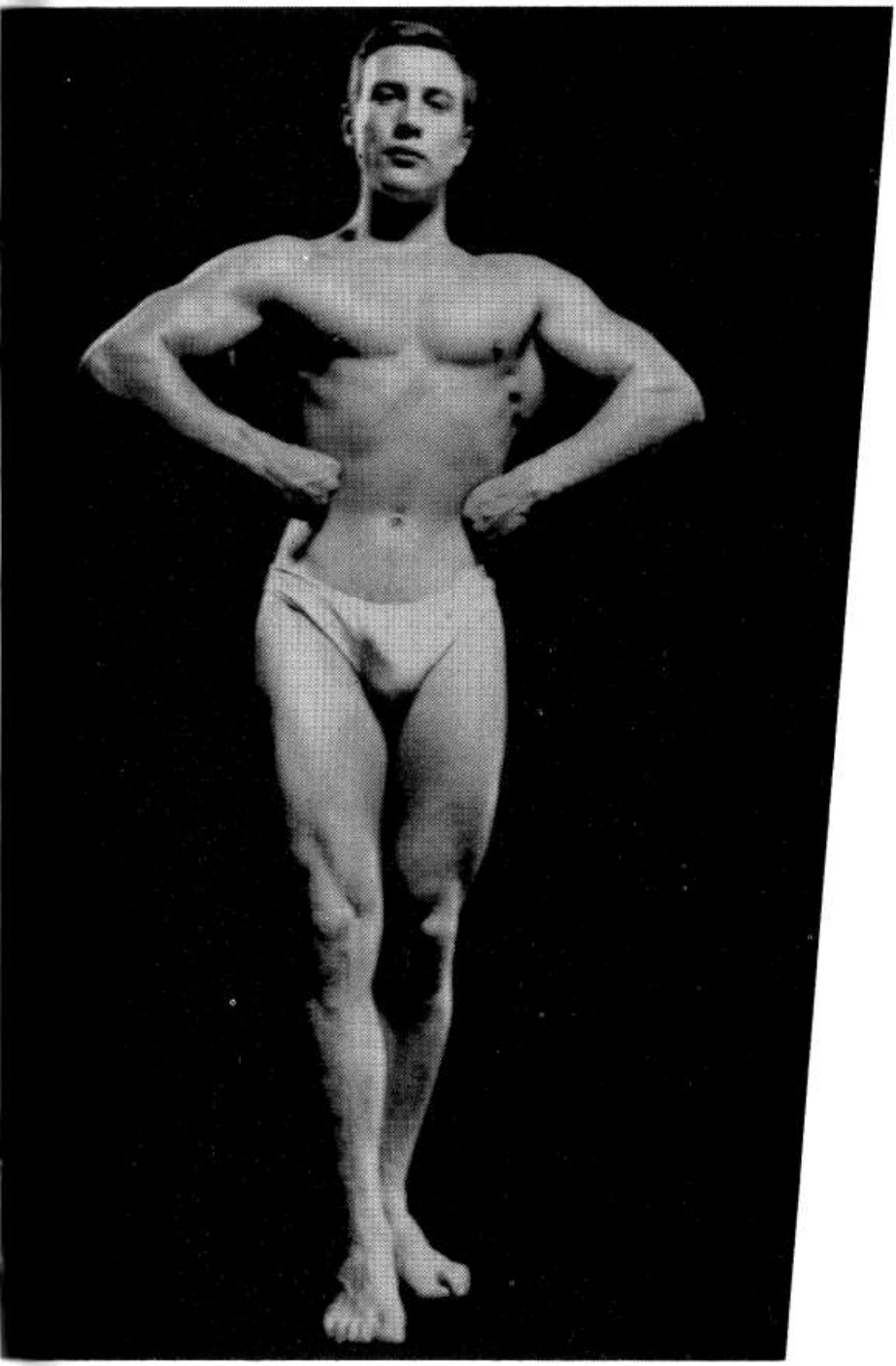


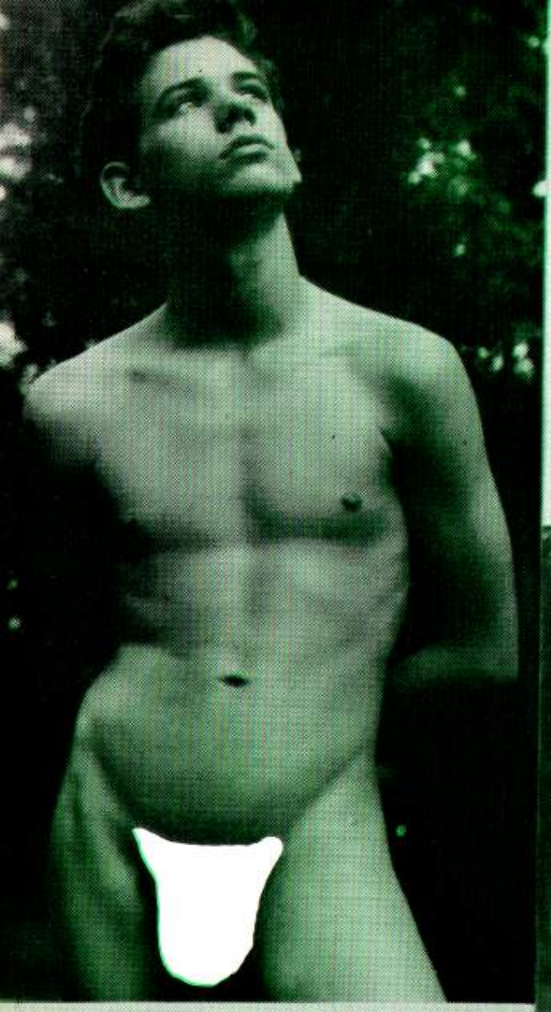
Professional wrestler JAMES BROWN, in photos by ROCKSTEDT.



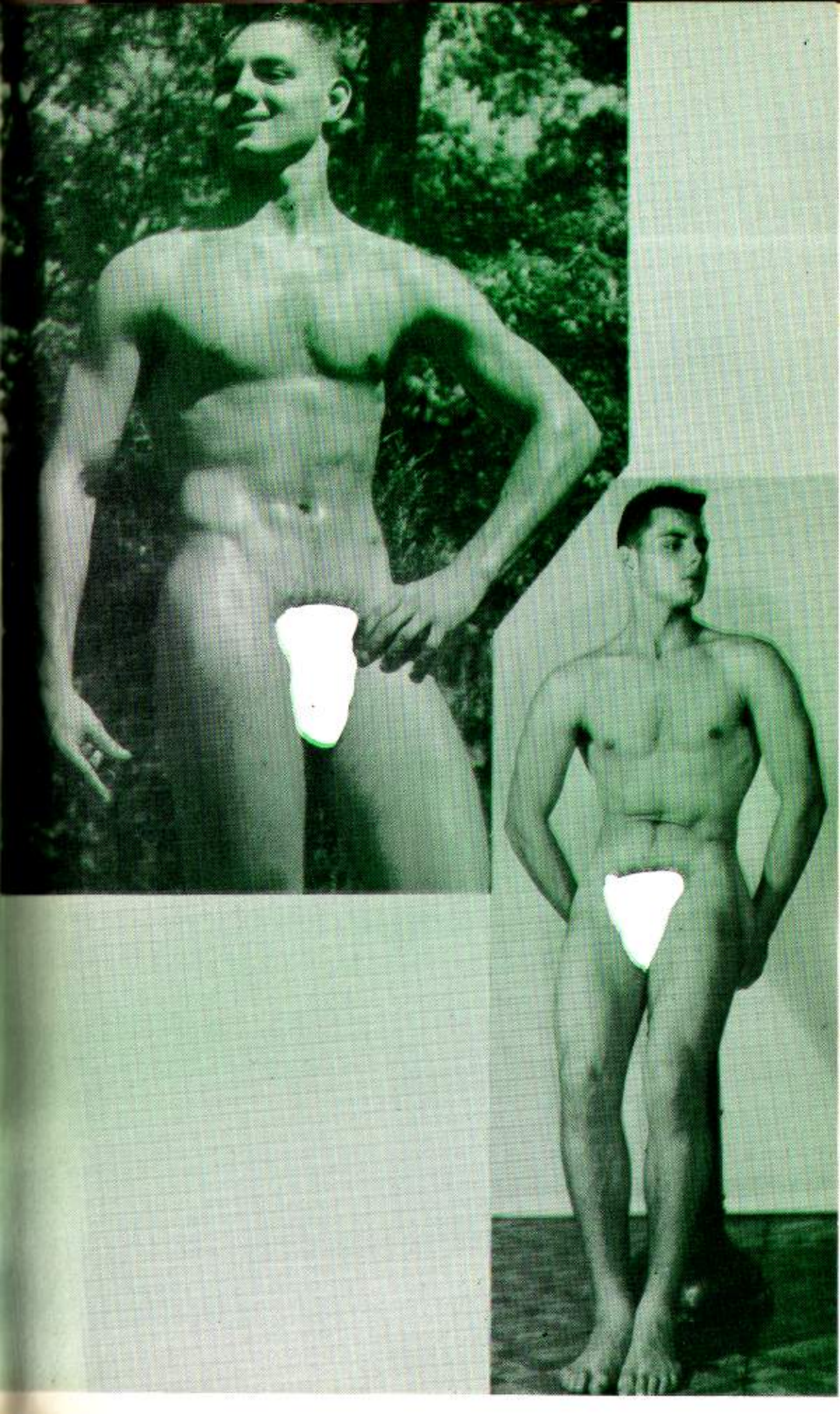


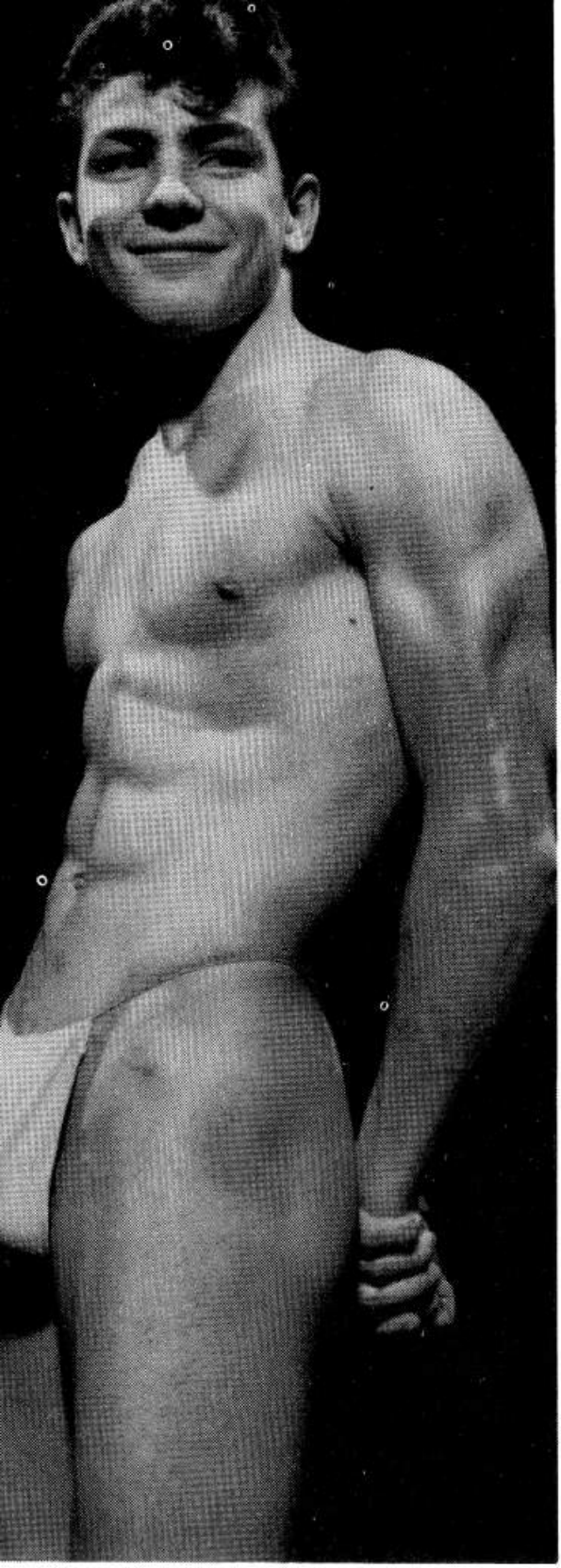
ROYALE sent in these recent pix of top British body builder and physique contest star GERRY HAYWOOD.





TERRY MASON has just started his body building career and has hopes of achieving the physique that **LEW MARSHALL**, his body building idol, opposite page, now possesses. Photos by **AL HEINECKE.**





Brooklyn body builder MARIO SOLI in a photo by SIDNEY.

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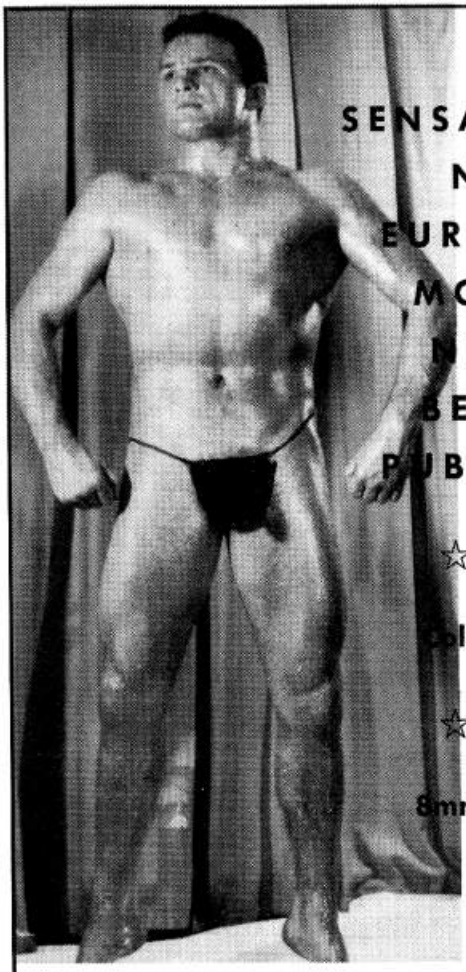

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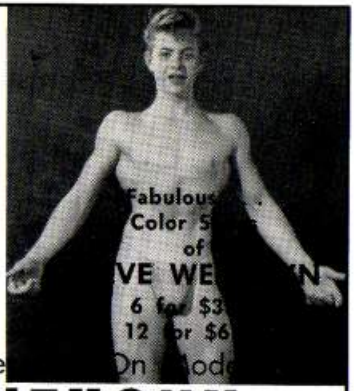

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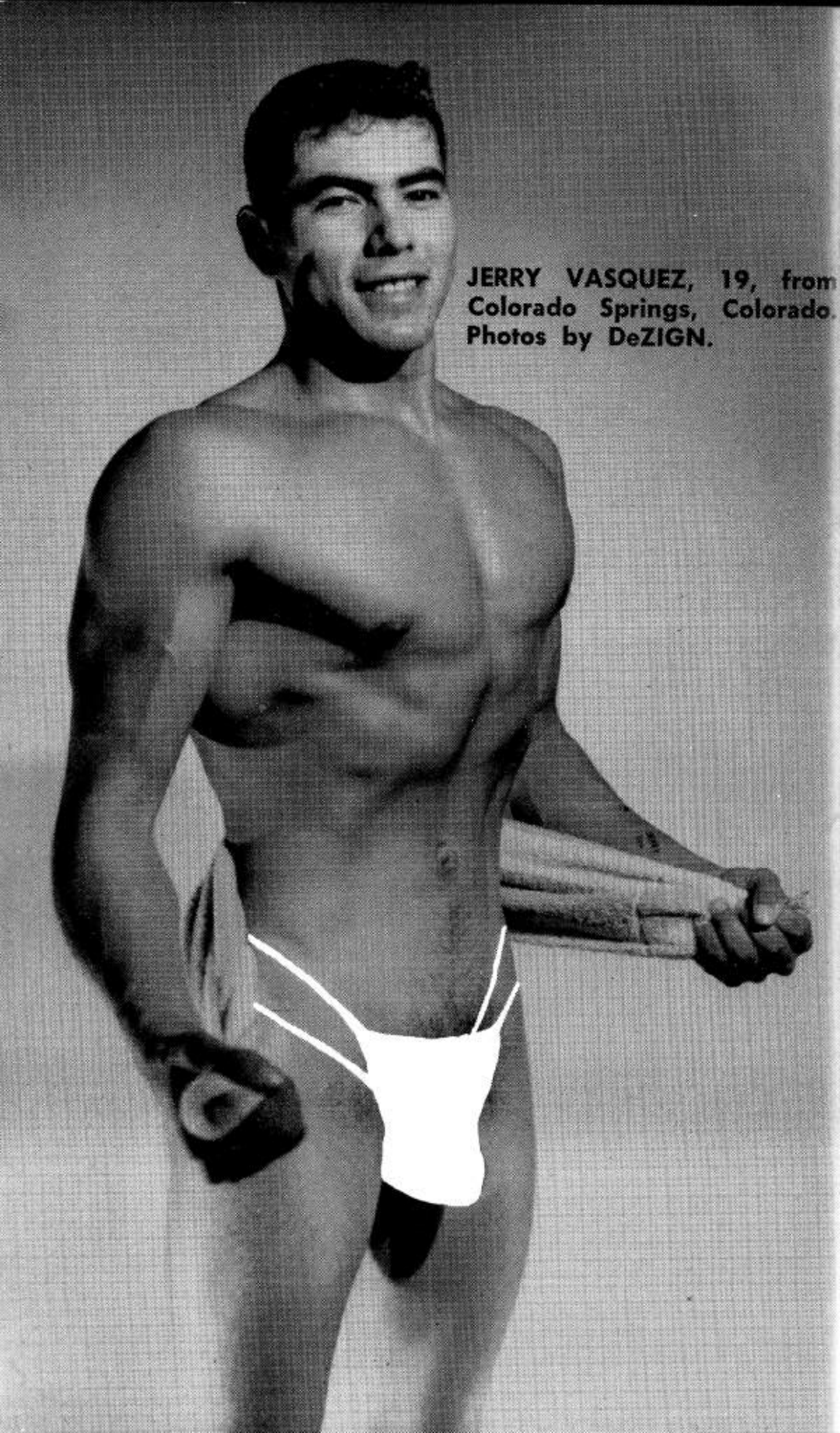
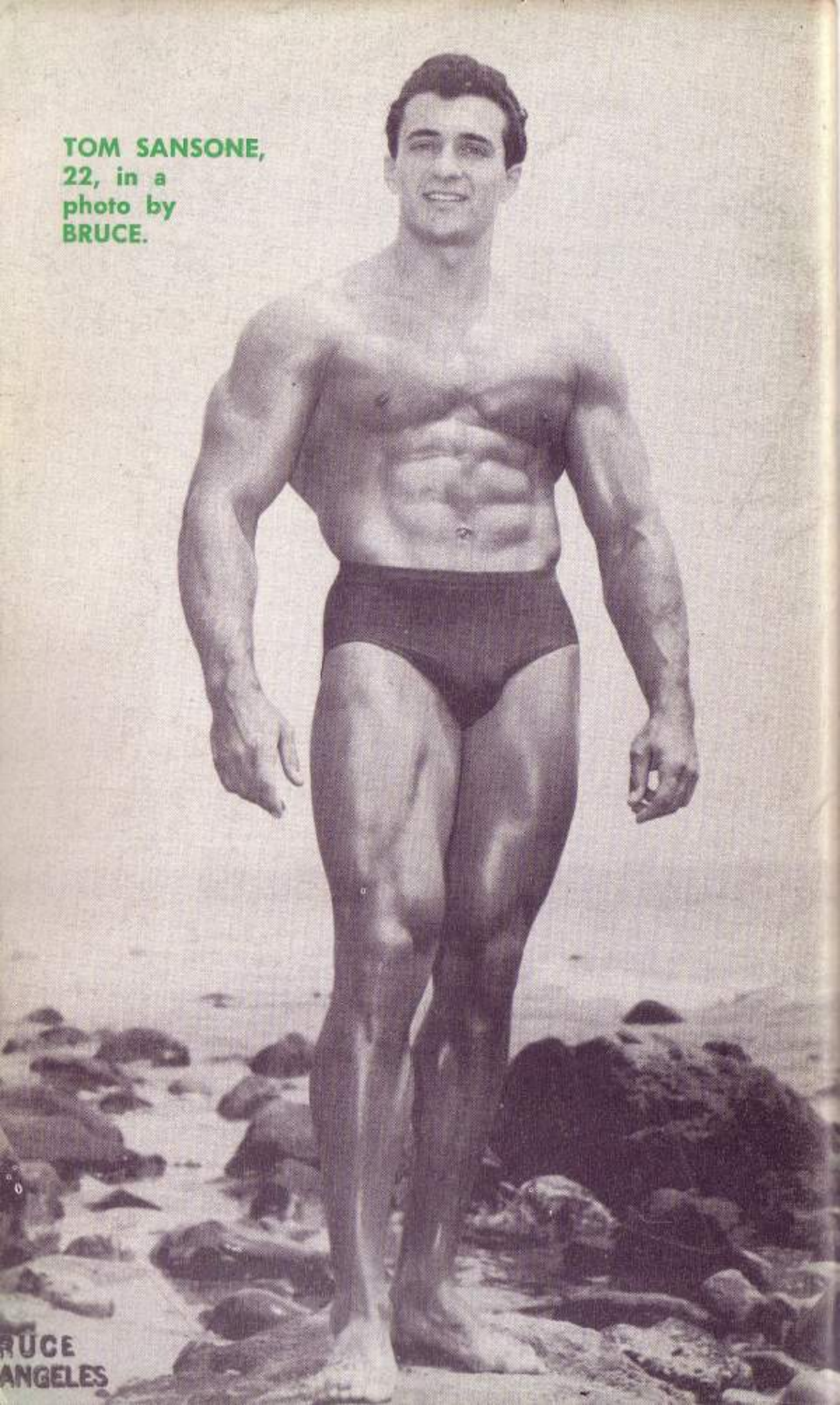


JERRY VASQUEZ, 19, from Colorado Springs, Colorado. Photos by DeZIGN.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